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Character Reading

THE NEW YORK PUBLIC



Do You See Your Life's Work Ahead of You?

The Witchery of Manners

Hands Do Not Lie

Interesting Little Habits

May, June, 1928

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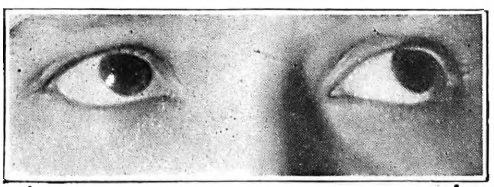
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Words Are Given to Conceal Thought

But the Shape of the Lips Reveals Thought



"I want to love only one man, forever," say the lips of Helen Costello (upper left), with their upper part curved upward on the outer wings. "But I am very proud, and I will not let him know this," they add.

Though the straight thin lips of Sam deGrasse may speak the words of honey and diplomacy, those small bright eyes see all, and somewhere, somehow, with someone, he is going to be very firm, cool, indifferent, and calculating.

In contrast are the open, emotional, impulsive, changing lips of Gilda Gray. With open lips, and large eyes set well forward in the face, a luncheon engagement at 12 o'clock usually takes place at one.

The dignified appearing Aileen Pringle can be the last word in sedate actions, but her lips reveal the fact that she would rather call most people, and especially little children, by pet names. The lips are fullest in the center, all pursed to kiss and fondle the baby, too soothe the crying ten year old, and to run with a bandage to tie the wounds of the injured. A luxurious nursery means more to her than the Kleig lights.

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Straight Hair and a High Crown

You may get away with bossing her once or twice!

You may even believe she is very docile, but just as you decide that you have the straight haired girl with the high crown, by your side for life, or just as you decide that by a little brow beating you have shown her her true place, she is gone!

Her grandmother may be sick, she may have to leave the city, she may find the most fantastic, or the most plausible reason for going. But go she will, either with diplomacy or with a slap in the face, soon after you try to hold her down or say "stay here." Where she might stay forever if it is her own will, try to bind her there, and she is as slippery as an eel in your grasp. Freedom lovers are those with straight hair and high crowns. Like the sleek haired black leopard who disdains to touch his food while being watched, he grasps his opportunity with enthusiasm when the time is ripe, and he is alone, free to go.

How Our Chemistry Affects Our Love

In looking over married couples students will notice how very few tyes of the sodium temperament are married to those belonging to the potassium type. These two chemical combinations in marriage do not seem to be successful. Note above the potassium lady who is unhappy with the sodium man, and the sodium man who is still less happy than she. But how she regains her youth when she finds her potassium sweetheart. Potassium people like each other, understand each other, and while both are intense, they are not as likely to hold their moods as long as sodium. The very intense sodium type needs the life, exuberance and forgiveness of the oxygen temperament.



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Hands Do Not Lie

NATURE needs no printing presses to record the history of the soul. Her type is set in flesh and printed with blood, and there are no typographical errors. In our reading there may be errors, because of our lack of knowledge, but nature does not make them.

When you hold up the palm of your hand to a real reader of hands, you hold up a photograph of your past and future life.

Keep the chart in this article, and then master the qualities of the six chief lines of the hand by consulting a primer on palmistry. The lines and marks on the chart have a very important meaning as they touch the chief six lines of the hand. Below is a key to their meaning. The eminent English palmist, Eugene Lawrence, explains them in a simple way.

In the study of the line, it is very necessary to master thoroughly the qualities of the six chief lines, for the lines branching from them partake of the qualities of their parent lines.

The condition of the various lines must be carefully studied.

It must be understood that lines may enlarge, diminish, or fade, and that new lines and marks may from time to time appear.

It must therefore not be taken for granted that any one bad sign is an indication of the inevitable. If the evil is important, nearly all the principal lines will show an indication of the danger, a single sign only showing the tendency (a warning).

Sister lines (fig. 10) lying close to a principal line counteract to a certain extent the effects of a bad line, unless both are broken, when it increases the danger.

Branches (figs. 1 and 2) rising from the main lines increase their power; descending branches weaken it.

Lines very pale indicate want of robust health and a temperament lacking energy and decision. Red lines indicate a sanguine disposition and usually good health.

Dark spots on the lines (fig. 9) denote nervous diseases, and holes having a livid appearance show organic affection to the parts represented by that line. A chained formation of the lines (fig. 5) shows, on the heart line, obstacles created by the subject's changeability of affection. On the head line it shows want of stability of ideas, a weak mind.

A wavy formation of a line (fig. 6) lessens its power, and when broken or barred, look out for trouble (fig. 7).

(*Continued on page* 6)



Fig 1 ASCENDING BRANCHES



Fig 2 DESCENDING BRANCHES

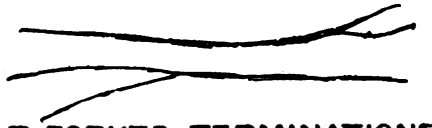


Fig 3. FORKED TERMINATIONS



Fig 4. TASSELLED TERMINATIONS

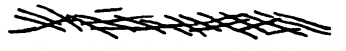


Fig 5. CHAINED LINE

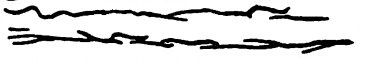


Fig 6. WAVY LINES



Fig 7. BROKEN LINES



Fig 8 CAPILLARIED LINES

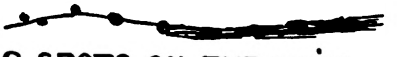


Fig 9. SPOTS ON THE LINES



Fig 10. SISTER LINES

THE LINES.



Fig. 1



Fig. 2



Fig 3



Fig 4



Fig 5

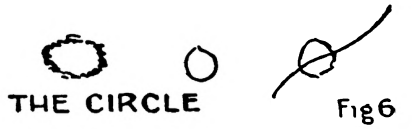


Fig 6

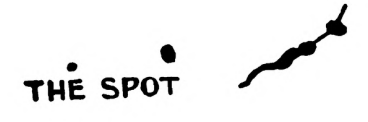


Fig 7

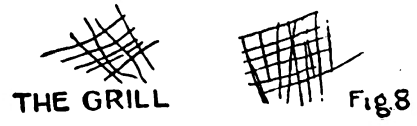


Fig 8

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The Witchery of Manners

ALMOST every man can recall scores of cases within his knowledge where pleasing manners have made the fortune of lawyers, doctors, divines, merchants and, in short, men in every walk of life. Raleigh flung down his laced coat into the mud for Elizabeth to walk on, and got for his reward a proud queen's favor. The politician who has this advantage easily distances all rival candidates, for every voter he speaks with becomes his friend. The very tones in which he asks for a pinch of snuff are often more potent than the logic of a Webster or a Clay. Polished manners have made scoundrels successful, while the best of men, by their harshness and coldness, have done themselves incalculable injury—the shell being so rough that the world could not believe there was a precious kernel within. Civility is to man what is beauty to a woman. It creates an instantaneous impression in his belief, while the opposite quality excites as quick a prejudice against him. It is a real ornament—the most beautiful dress a man or woman can wear—and worth more as a means of winning favor than the finest clothes and jewels ever worn. The gruffest man loves to be appreciated; and it is oftener the sweet smile of a woman, which we think intended for us alone, than a pair of Juno-like eyes, or "lips that seem on roses fed," that bewitches our heart and lays us low at the feet of her whom we afterward marry.—*Matthews.*



(*Continued from page* 5)

Sometimes a line, instead of being clear and single, is made up of many small lines, named capillaries, which here and there unite, forming again the true line. They have the same meaning as chained lines (fig. 8).

A fork at the end of a line (fig. 3), if not too long, is good, especially on the head and heart lines; but if very wide, it shows duplicity of the qualities characteristic of those lines.

Lines ending in form of a tassel (fig. 4) show weakening of the organs represented by that line; they are therefore often found in the decline of life, at the ends of the lines of life and head.

When the hand is covered with a multiplicity of lines, going aimlessly in all directions, it betrays great mental anxiety in reference to one's surroundings and self, and a highly nervous temperament.

The star (fig. 1), the cross (fig. 2), the island (fig. 3), the triangle (fig. 4), the square (fig. 5), the circle (fig. 6), the spot (fig. 7), and the grill (fig. 8) will be found placed with the studies of the lines. In reading the lines and marks on the palm, it is necessary to study both hands. Some palmists say that if the subject is left-handed the lines will be more plainly shown on the left hand. That may be so; at the same time it cannot be too well understood that persons in no way left-handed very often have the lines more developed on that hand. Events of the life, if of great importance, will be found on both hands—not necessarily in the same way, but the signs will be there.

In the case of hereditary evils, they will be certainly shown in the left; the right will tell if they are continued in the subject. Study very carefully both, and strike a balance.

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The Aescetic

Do You Know Her?

By Byris Trelawney

IN olden days she might have been found as high priestess of some exacting cult, or a nun, stern, cold, austere, denying herself spiritual and bodily warmth, dwelling in the chill, well-ordered house of self-righteousness. Hers was the voice of the hermit, crying aloud at sundown, bending a body raw with self-inflicted wounds upon a pillar in the desert. Hers were the feet of the martyr, walking the bloody path of sacrifice for the sake of a Cause. Today she is found active in orthodox church work, especially in Ladies' Aid Societies and in Missionary Circles.

Looking upon her hand, you feel that it is efficiency itself; that those cool, competent fingers can carry out any intention. It is a long, thin hand, with fingers long and spatulate tipped and a palm which is very narrow—almost squeezed looking. The lines of the hand are lightly, but very perfectly, marked. The head line is separated from the Line of Life; it is long and beautifully clear. It indicates the priceless independence, the complete self-possession which are hers. She pursues her own way in a calm order which does not even consider being swerved from her course by the opinions of others. Her mind works clearly and coolly, with precision, like a machine. Her mind seeks for explanations of things, and finding one that is logical, she seeks no further, but adheres to it. She enjoys ruts, because she can then steer a straight course. For this reason, she is very active in orthodox church work. She is an excellent organizer, and a splendid leader and teacher, and there she finds her field of leadership and a straight course which is undeviating. There she is protected from the annoying opinions of others for she has indisputable sanction—to question her view is tacit impiety.

She has no patience with those whose beliefs are not as clear as hers. She finds her set opinions and clear thinking increasingly admirable. She admires herself in an impersonal, aloof way, much as she would admire anything else of established worth. She has a calm assurance which is most irritating to the people with whom she comes in contact. They are apt to think her affected, for her exactness is manifested in a crispness in all her actions and a clipped accuracy in speech.

She has the aescetic's odd impatience with pampering of the body. The urge which led the hermit to exist upon herbs in a dismal cave is expressed in her strict economy. She finds it a joy to pinch pennies and to exist on next to nothing. She is austere and frugal—meagre as her thin, dry hand. No one can manage a church supper or a benefit more economically or successfully than she. Her chief delight is in squeezing things out to their limit. She exacts the utmost of all who come in contact with her, and though they give it grudgingly, yet they give it.

Her hand tells why she may attract respect and unwilling admiration, but rarely love. The extraordinary length of her hand from head line to finger-tips betrays her. It is over two-thirds of her entire hand. She is too mental. Neither soul nor body of her is warm with the gracious love-giving qualities of those who are closer to the earth. She will give much in charity and good works, in the abstract. She will litterally work her fingers to the bone for a principle, but to those near her, those who are in trouble and need—those to whom the warmth and comfort of the soul is more than aid to the body—to these she has nothing to give. The charity which is love is left out of her make-up. She cannot give warmth and love, for she has them not. Cruelty lurks in her finger-tips.

She is a good woman, upright, honest, economical, industrious, with a wonderful force for accomplishment, but she is the most implacable enemy on earth. The driving power which enables her to accomplish, the penetration that ferrets out motives and the right and wrong of things, will drive her to haunt you forever in her hate. She will never lie about you. She may not be conscious of her purpose, and yet she will see in you all the evil qualities for which she looks, and she will publish them in the clear, righteous voice of a prophet who warns others without hate. Beware of her. Her nature and her tongue are acid. Be friendly with her, but never intimate.

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Are You a Creature of Fire, Water, Earth or Air?

Your Birthday Reveals Which You Are

Aries (March 21 to April 20)
Taurus (April 21 to May 20)
Gemini (May 21 to June 20)
Cancer (June 21 to July 21)
Leo (July 22 to August 21)
Virgo (August 22 to September 21)
Libra (September 22 to October 22)
Scorpio (October 23 to November 21)
Sagittarius (November 22 to December 20)
Capricorn (December 21 to January 19)
Aquarius (January 20 to February 18)
Pisces (February 19 to March 20)

EACH of us has a peculiar relation to the principal elements of Fire, Water, Earth and Air. One of these elements will be predominant in our astrological make-up, and will account for our harmony with certain people and our difficult times with others. A girl of fire with a sweetheart of water are bound to clash sometimes. The Astrologer Carter says of the signs:

FIERY SIGNS

The fiery element comprises Aries, Leo and Sagittarius. Its function is self assertion and active mani-

(*Continued on page 26*)

***Each sign has its secret traits, some** of which may never be expressed, but which are a constant, underlying desire or habit of thought. Observe at the right the people in the institution. An enormous number of Pisces people are found as officials or helpers in institutions, such as hospitals, jails, sanitariums, etc. They are gentle folk as a rule, and like to help others in distress.*

The love of horses and animals, and the sweet odor of the earth itself has an attraction for the earth sign Taurus.

The Fire sign, Leo, may be practical and commanding, but she has a secret love for fine clothes, furs and stately ceremonies, where she rules the day.



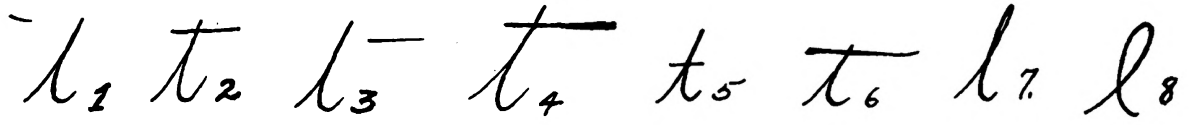
The Water sign, Scorpio, has a secret love for magic, occultism and chemistry.

*The Air sign, Gemini, may conform to every social custom to the letter, nevertheless she is torn in her inner emotions, between two friends, sweethearts, or between two kinds of work, **two kinds of play, or two kinds of journeys.***

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A Highly Important Article by Hall Cameron

How to Psycho Analyze Yourself by Your Handwriting



ANYONE who can differentiate between square blocks and triangular shapes and who has the patience to sit quietly and check one letter against another can learn to analyze his own writing or that of a friend.

In the past the job hunter was usually asked by the employer to "apply in own handwriting." The employer would then glance over the various answers to his advertisement and would straightway sort out the examples of neatness and "perfect penmanship," which, of course, were simply samples of mechanical and artistic ability—the ability to copy. The uneven scrawls were cast aside by the employer, who never realized that more than half the letters written unevenly were splendid examples of repressed initiative, nerve and dramatic ability seeking expression, but in most cases withheld by the timidity of youth.

As uneven or unusual writing indicates temperament, and careful, neat, evenly formed writing spells control, order and poise, so we can tell by the charts which follow some of the habits we are constantly expressing. If these expressions are urging and carrying us on to success, just renew concentration on these subjects. If we find by checking the keys following that we are wasting good time in this life and that we are decreasing our force as individuals by holding onto some narrow thought, then the chart of auto-suggestion following the handwriting keys will mean much if properly used.

Let us seclude ourselves in our study and procure our favorite pen. Then write at least ten lines of writing in a hurried, careless way, just as though we were writing a note explaining a sudden leavetaking. Now, with a red-leaded pencil mark a circle large enough to take in the cross stroke of the "T." Do this to each separate t-bar. This will help you to check back and forth with the chart for comparison.

Figure No. 1 shows a t-bar made to the left of the upright stroke. This indicates that the writer is keenly reflective and thinks considerably before taking a step of importance. When this stroke is made with very light pressure it is a sign that there is an element of fear mingled with the hesitation of the writer. The sign to look for in this case which will prove the trait of timidity is to be found in figure No. 9. Here we find that the terminal is turned back toward the left. This also indicates hesitancy due to much reflection and when the two are found in the same writing there is sure to be a strong sign of self-consciousness and self-centerment in the mind that created these keys.

The t-bar numbered 2 is self-explanatory. It shows proper placement and therefore a love of order on the part of the writer. It is made with firmness and indicates courage of conviction. One who would write a bar like this would act on his own accord. Were this stroke made lower on the upright, as seen in figure No. 5, it would indicate the writer's ability to follow routine work, but would also show the same person to be lacking in the originality that causes one to dare to do something without "being told." Imagination is not pronounced in this writer.

Number 3 shows the bar as far to the right of the up stroke as No. 1 shows it to the left. This, then, is another extreme. This writer lacks the poise of No. 2. He is always ahead of the other fellow in his conclusions, but not necessarily right. In fact, he is so impulsive that he often makes a move that he afterwards regrets. This sign of impulsivenes, restlessness and haste often spells temper. The heavier the pressure of this stroke, the stronger the outburst of temper.

Then we have the bar of the strongly dramatic, as shown in No. 4. This is a sign of self-assurance—often called stubbornness. The writer is sure of himself, but this does not mean he is right. If he does get his premise right, however, there is little that will stop him from reaching a goal—no matter how many he must brush aside. When t-bars are too long to balance well with the rest of the word there is generally a sign of an erratic mind behind and often a violent one.

When strokes of t-bar are pointed at the right hand end, as in figure 6, we may conclude that the writer is either a person of many moods and thoughts, that he has a poor memory (if bar is very light), or that his tongue is very sharp.

(*Continued on page* 10)

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Interesting Little Habits

YOU know what he looks like!

He is muscular, responsive, active, and his clothes fit him well. His features are regular, and there is just the right amount of padding under his skin. There is a spring in his step. He has a boyish fondness for sport, and he knows how to use his tongue in salesmanship.



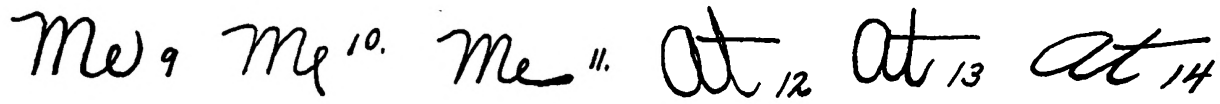
But when he makes love he has to take his own time to it. While he makes an interesting suitor, he loses interest if he has his mind on anything else, and his sweetheart wishes him to respond to endearments. This is because of intensity. His heart is where his mind is, and if it is on business he must live out his worries. But when they are through he is a charming fiancee or husband. He puts his whole mind into the process of making some girl happy, just as he puts his whole mind on business. He does not seem to have the faculty of continuing his business worries over until the next day. He is lucky in love (lucky for himself) because he knows how to say things which seem to get to the feminine heart. But his moods vary, and he has many, many interests. This year he worships a Packard, and the next year he wants a Pierce, and the Packard is nothing. So if you love a muscular type steel yourself against the day when you are the Packard.

"I just can't stand a man to point his finger at me, and I won't," said an otherwise happy wife. Her husband was all she desired, and her life was fortunate. But this little habit of his when he was the slighest bit irritated nearly wrecked their marriage, until she learned that it was simply because of a very well-developed faculty of individuality. This faculty gives a man or woman a full central forehead just above the root of the nose between the eyebrows. It is the "Observation Tower" of man and is needed by the artist, the designer, the engineer, and the practical intellect in all walks of life. It dissects and criticizes the sign, shape and forms of things, otherwise these things would never be designed or created for the use of man. It gives a basic practical knowledge on the physical plane.

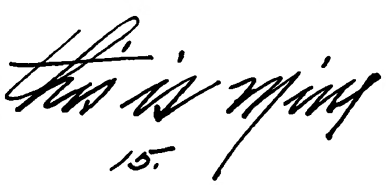
In this case it was the man's faculty of Individuality which brought her the money to furnish her lovely home. But when we have very much of this faculty, we have a habit of using the index finger, both in anger or in emphasis of any kind.

When we know why one of our friends does a certain thing, it is much easier to accept it and to overlook it. It is more simple to say, "Oh, that's only his Individuality working overtime when he points his finger—it's not because he hates me."

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If you find in your writing that you make the letter "L" as seen in figure No. 7, then you will do well to make up your mind to think more of yourself and your efforts. Place a higher value on your ability, first making sure that you have the ability. A squeezed "L" indicates that you are depreciating yourself. This leads to loss of self-confidence, fear and later despondency. These three traits breed mediocre work and thus an unhappy, mediocre life. If you make the letter "L" without proper loop and you are sure that you are not giving your subconscious mind weakening suggestions about yourself, then you may be sure that you are not breathing deeply or properly. The "L" loop as seen in figure No. 8 is made by one who has much pride. Note the letter "L" that is made by the man who breathes deeply—the fellow with the large chest and the round, florid face—it will be large, showing that he thinks well of himself and that he breathes well. Breath is life and breath gives courage and a steady poise. When we are frightened we are gasping for breath, and the person who breathes shallowly is easily frightened.





When the terminal is made as seen in figure No. 10 there is found in the writer an inclination to hold onto some earthly habit that holds him at a standstill—which is retrogression in the ultimate. If you find this key in your writing, think well of this explanation. It might be that you are simply too fond of food. It might be something not so solid. You alone will know.

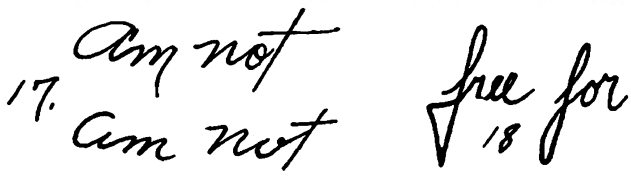
The terminal seen in figure No. 11 spells great dramatic ability and a desire to see what the future holds. A writer who makes this stroke so firmly does not veil his remarks. He calls a spade a spade. If you are one who writes like this, simply note that you do not talk too freely and too bluntly. It can be done!

Figure No. 12 is called the "back-hand." This is a sign of either an artificial sense of wanting to be "different" or it is due to inborn fear or a sense of vanity that would hold the writer "aloof." When there are many unusual scroll effects accompanying this style of writing there is a 100 to 1 chance of the writer being artistic. If t-bars are heavy there will be found much histrionic ability. But primarily this is the writing of one who would retire from active society due to timidity.

Vertical writing, as seen in No. 13, brings out more artistic ability than does the back hand. Other traits of the vertical writer are passiveness, lack of pronounced action in business, reliability, etc.

No. 14 shows the writer who is always extending the glad hand. He gives and takes with little concern. To him life is more of a game among many brothers and sisters. He is known to have "that something" that beats down the cold, stern look of the fellow who writes with many sharp angles, as in figure No. 15.

If you are inclined to write in a jerky way, due to tenseness that is born from a desire to make everybody and thing "toe the line," then you are plainly a critic and analyst. You are always trying to improve things and you are always criticising. Writing with many angles means that you are acid and that you are caustic in your comments. Your remedy will be found in your diet. Sodium foods in abundance for you. And not "maybe!"





No. 16 shows a love of music and all things rhythmical. This writer would be inclined to be easy-going, especially if he makes his capital "M" as seen in No. 21.

Pay attention to the letters "A" and "O" in the next letter you get from your "intended." If these two letters are made with a closed top you may wager that he will not give away secrets. If the letters are open at the top you will find a fluent talker. Figure 17. This will be true in a marked way if the terminal (see figure 11) or the t-bar (see figure 4) are made with pressure. If the writing has signs of flourishes or scrolls attached when letters "A" and "O" are open, then you have a potential orator in your friend.

Here is a confidential sign. Do not tell anyone and start right in now to overcome it. When you make a letter "f," like figure 18, the graphologist knows that you are too easily led in things sentimental! If you make a letter "c" like figure 18a, restrain your emotions, stop giving except where it is needed and apply

(*Continued on page* 11)

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The Liberty of Clothes

By Julia Wolfe

THERE are human beings who soar above or live below the influence of clothes; but to most of us they are the card of introduction to strangers, the armor of grace and ease to ourselves.

A man may be a man for a' that; but if we do not know him as a man, we must take him for a vagrant if he wears the livery of carelessness and rags. It is doubtful if anyone could go through a ceremony with dignified ease and grace if he knew his coat was shiny or that the crack in the side of a shoe riveted the gaze of the observing few. Confidence in one's tailor is a necessity to easy manners.

How many women are able to resign themselves to the charm of delightful companionship if they must remember to keep their backs to the wall to hide the mistakes of tailors or the touch of time? How many women are able to step with a free, careless step that shows enjoyment of physical motion if they know that the heels of their boots are run over and the boot out of shape?

Worn gloves are responsible for manners called stiff, many times; while a hat out of season and unbecoming is responsible for much seeming stupidity. Many a woman can thank a full purse for easy manners and social grace.

Many a quiet, gentle girl is changed into a laughing, mischievous sprite through the wearing of a jaunty hat.

Who has not been startled by the change between morning and evening in the same sweet girl? Full of mischief, ready for any frolic, in jaunty mountain flannels; and the same sweet mortal in evening dress as she moves in the glare of a ballroom. Dull indeed are we if we do not recognize the moral influence of clothes, if we have not been conscious that life has a broader outlook when we gaze untrammeled by thought or lack of surplus in our clothes. The happy mean between extremes keeps us in sympathy with our fellow-beings and at ease with ourselves.

One should think about his clothes in order not to think about them.

If one is worried about his clothes, he cannot put his mind on the business of life.

A regular attention to clothes and their upkeep saves money and leaves the mind free to create, and to cope with the other man's mind.

Self-consciousness is the ball and chain which keeps men and women from progressing toward the highest in themselves and makes them critical of their neighbors. When a man is forced to measure the age of his own coat with the youth of his opponent's he is unable to give the whole of his mind to fathom the soul of his opponent.

A man may have brains, may hold the world of knowledge in his grasp, but he is more of a power if his purse and tailor make it possible for him and his hearers to forget his clothes.

A woman may be of pure gold, but the world will know her value sooner if she be uniformed in harmony with its ideals of fitness to time and place. Negligence in matters of manners and dress is not the mark of a rounded-out intelligence; it may be forgiven, and mars and limits personal influence.

(*Continued from page* 10)

your pronounced sympathies where they are needed. You are too big-hearted.

Figure No. 19 shows the writer who is concerned



with self-development, but who often goes too far and becomes self-centered.

No. 20 shows the writer who is the "mother of the family." She is always watching out for the others' interests.

No. 21 is just a bit more extreme. This writer is inclined to be too interested in others for his own good. He will neglect his own interests for another. This third section of the "M" rising higher than the first and second also indicates that the writer is radical and sometimes extreme. In certain cases it means a lack of self-esteem on the part of the writer. This word is used here in the true, literal meaning. Esteem of self. I do not have reference to pride or vanity. Self-esteem would forbid an error because SELF would be ashamed. Pride forbids an error that OTHERS might not know of it. There are many proud people who have little self-esteem.

When script is broken and word is written with letters separated, as in figure No. 22, the writer is found to be psychic or nervous. There is a nervousness that comes from psychic development that is different from that of physical weakness. It is due to the subject being in contact with so many inspirations or ideas in such a short time that the subject becomes uneasy in anticipation of making use of each of the many ideas. Many of the so-called "poised" people are so

(*Continued on page* 12)

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Your Mineral Salt and the Zodiac

THE special birth salt for those born between March 21st and April 19th is Kali Phosphate.

From the teachings of the Chemistry of Life we find that the basis of the brain or nerve fluid is a certain mineral salt known as potassium phosphate, or Kali Phos. A deficiency in this brain constituent means "sin" or a falling short of judgment or proper comprehension. With the advent of the Aries Lord, God, or planet, cell-salts are rapidly coming to the fore as a basis of all healing. Kali phosphate is the greatest healing agent known to man, because it is the chemical base of material expression and understanding.

Man has been deficient in understanding because his brain receiver did not vibrate to certain subtle influences. The dynamic cells in the gray matter of the nerves were not finely attuned and did not respond, hence a falling short of understanding.

Aries people are brain workers, earnest, executive and determined—thus do they rapidly use up the brain vitalizers.

The Aries gems are amethyst and diamond. The astral colors are white and rose pink. In Bible alchemy Aries represents Gad, the seventh son of Jacob, and means "armed and prepared." Thus it is said when in trouble or danger, "keep your head."

In the symbolism of the New Testament, Aries corresponds with the disciple Thomas. Aries people are natural doubters until they figure a thing out for themselves.

The Latest in Name Analysis

THE latest in name analysis is also the oldest. It comes from the Chinese, and it is said that it is only in Chinese that the original work on numbers has been preserved in its entirety.

The Chinese name analyst maintains that those with many A's in their names are always quick in judgment and very clear-headed; with too many they will become over-critical. They will be quick in action as well, though this may be modified by the number of the name. A considerable number indicate cynicism and a tendency to sarcasm.

With too great a number of O's a person may be so determined as to become obstinate. He will also be slow about making up his mind, but more immovable when he has once decided upon his course. With an over-amount of these letters he will be slow in movement as well.

U as the first vowel causes things to slip away; sometimes this may occur because of some fault of the owner of the name containing it, an oversight or neglect to seize an offered opportunity; but frequently it will be through utterly unforseen and uncontrollable circumstances, bringing much trouble and suffering.

Those whose name contains many I's will be found to be over-sensitive, touchy people, but quickly sympathetic with others. Sometimes they may be aggressive, or the exact reverse, shy and shrinking, depending greatly upon what other letters compose the rest of the name, but the personal quality is always strongly marked in them in any case. They are seldom cowards.

(*Continued from page* 11)

only because they have no thoughts to disturb them.

Now that you have checked over your writing as per the example given here, use the following method of learning to forget your weak points and remembering your strong or constructive traits.

On the left hand side of a sheet of paper in column form write your negative traits, as found by the examples above. If you are sure that you have others, write them down. (The above examples are only a few of many found in the study of Graphology.) Now when you have written all your bad habits on the left, write the exact opposite to each trait in the column on the right. When you have done this as follows, prepare to cast your troubles out of your life:

Fear	Courage
Hesitation	Action
Blind impulse	Calm reasoning
Repression of thoughts	Bold and firm expression
Intolerance	Tolerance

The above is only a part of what your list might be. But to illustrate the plan it will suffice. On finishing the list—which ought to be revised the following day—take a shears and cut the page in two. Keep the right-hand side for further reference. Take the left-hand column and throw in into the waste basket. Throw this list of handicapping traits out of your life!

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Character Reading by Flowers

Reading Messages by Flowers

THE LOVE of flowers is felt and acknowledged by everybody, and in every land; it is a theme for everyone, a feeling in which all can coincide; the polished European or the untutored Australian, the philosopher or the savage, all are ready to admire and to praise. So universal a feeling—a feeling doubtless coeval with man's existence upon this globe—could not fail to be taken advantage of, and made subservient to, the passions of mortality; and to us it appears the most natural thing in the world that flowers should have been made emblematic and communicative agents of our ideas. In all countries of this globe, and in all ages, flowers are seen employed for symbolic and decorative purposes. In a suggestive passage in his "Account of the Island of Ceylon," Sir James E. Tennant speaks of the people even there offering up hecatombs of flowers, their temple as festooned into large bouquets, and of the surrounding air being ever heavy with the perfumes of champac and jessamine.

Flowers appear always to have played a prominent part in the religious ceremonies of all peoples and in all ages; but it would be useless to multiply examples of so well known and generally accepted a fact, and, indeed, to do so would be a departure from our present design of exhibiting a general history of the language only of flowers, as used at home and abroad.

Florigraphy is a science that requires but little study. Some flowers, indeed, almost bear written upon their upturned faces the thoughts of which they are living representatives. That the "white investments" of the childlike Daisy should, as Shakespeare says, "figure innocence," is self-evident; that all nations should select the glowing Rose as an emblem of love could not be wondered at; whilst the little blue petals of the *Myosotis palustris* require no augur to explain their common name of Forget-me-not. Or again, who can doubt that the rich perfumes of some plants, or the sparkling lustres of others, must be deemed typical of joy and gladness; or that the melancholy hue and sombre looks of others should cause them to be selected to symbolize sadness and despair?

Simple as is the language of those bright earth stars, "the alphabet of the angels," as they have been somewhat inaptly styled, a great deal of skill may be expended in forming them into sentences, and much ingenuity may be exercised in explaining fully and satisfactorily the sentiments intended to be expressed towards the recipient of the floral message. The meanings of single token-flowers may soon be learned, but the knowledge of how to form them into a complete epistle does demand some little method. Many who use this fascinating style of correspondence frequently agree to adopt certain secret and original significations known only to themselves; and if a little dexterity is shown, they not only give variety to, but also render their charming telegraphy perfectly unintelligible to the uninitiated, although he may be the most skilled florigraphist breathing.

Every professor, ay, every student of this gentle art, may introduce new and varied combinations into its simple laws; but there are a few rudimentary rules that should not be neglected. An adept in the grammar of this language gives these directions to his pupils: "When a flower is presented in its natural position, the sentiment is to be understood affirmatively; when reversed, negatively. For instance, a rose-bud, with its leaves and thorns, indicate *fear* with *hope*; but if reversed, it must be construed as saying, "you may neither *fear* nor *hope*." Again, divest the same rose-bud of its thorns, and it permits the most sanguine hope; deprive it of its petals and retain the thorns, and the worst fears may be entertained. The expression of every flower may be thus varied by varying its state or position. The Marigold is emblematic of *pain*; place it on the head, and it signifies trouble of mind; on the heart, the pangs of love; on the bosom, the disgusts of *ennui*. The pronoun *I* is expressed by inclining the symbol to the right, and the pronoun *thou* by inclining it to the left.

The Floral Oracle

Of all the various symbolic uses to which flowers have been put, none probably has afforded more amusement than THE FLORAL ORACLE. The system of divination practiced by means of these beautiful objects undergoes various modifications in different countries, but the following mode will be found to be the simplest and most correct: Arrange a certain number of flowers together; let their names, and the significations appropriate to them, be written down, and then let each person select or *draw one flower by lot*, and the meaning attached to that blossom will typify the future consort's characteristics. The subjoined list will fully explain this pretty game:

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Rose (Red).....*Affectionate*
Rose (White).....*Modest*
Rose (Pink).....*Bashful*
Rose (Yellow).....*Jealous*
Aster .....*Fickle*
Pink .....*Haughty*
Daisy .....*Gentle*
Tulip .....*Passionate*
Cornflower .....*Extravagant*
Stock .....*Hasty*
Jasmine .....*Amiable*
Heart's-ease .....*Thoughtful*
Lily .....*Graceful*
Mezereon .....*A flirt*
Mignonette .....*Talented*
Primrose .....*Simplicity*
Violet (White).....*Candid*
Hollyhock .....*Ambitious*
A Reed.....*Musical*
Oak-leaf .....*Hospitable*
Hyacinth .....*Imaginative*
Poppy .....*Lazy*
Marigold .....*Wealthy*
A Fig.....*Aged*
Geranium (Scented) *Melancholy*
Geranium (Scarlet).*Stupid*
Mimosa .....*Nervous*
Thistle .....*Surly*
Foxglove .....*Sarcastic*
Laurel .....*Domineering*
Myrtle .....*Self-sacrificing*
Thyme .....*Jocular*

This catalogue might be considerably enlarged, but as it is permissible for the manipulator to change the significations when requisite, the above will be quite sufficient to guide the judgment in adding any other flowers.

The next portion of the game is the revelation of the intended's profession or occupation, and must be practised in the same method as the first, thus:

A Lily	typifies *A nobleman*
A Rose	typifies *An artist*
A Thistle	typifies *A soldier*
An Oak-leaf	typifies *A farmer*
A laurel-leaf	typifies *A poet*
Apple-blossom	typifies *A lawyer*
Cypress	typifies *A doctor*
Tulip	typifies *A freeholder*

This oracle cannot fail to excite much harmless mirth; but some kinds of floral divinations, as these pages testify, have oft produced deeper thoughts and more serious consequences.

The Vocabulary

A

Abecedary .....*Volubility*
Abatina .....*Fickleness*
Acacia .....*Friendship*
Acacia, Rose or White .....*Elegance*
Acacia, Yellow.....*Secret love*
Acanthus .....*The fine arts, Artifice*
Acalia .....*Temperance*
Achillea Millefolia..*War*
Achimenes Cupreata.*Such worth is rare*
Aconite (Wolfsbane) .....*Misanthropy*
Aconite, Crowfoot..*Lustre*
Adonis, Flos.....*Sad memories*
African Marigold...*Vulgar minds*
Agnus Castus.....*Coldness, Indifference*
Agrimony .....*Thankfulness, Gratitude*
Almond, Common...*Stupidity, Indiscretion*
Almond, Flowering.*Hope*
Almond, Laurel....*Perfidy*
Allspice .....*Compassion*
Aloe .....*Grief. Religious superstition. Bitterness*
Althæa Frutex (Syrian Mallow).....*Persuasion*
Alyssum, Sweet....*Worth beyond beauty*
Amaranth, Globe...*Immortality. Unfading love*
Amaranth (Cockscomb) .....*Foppery. Affectation*
Amaryllis .....*Pride. Timidity. Splendid beauty*
Ambrosia .....*Love returned*
American Cowslip...*Divine beauty*
American Elm.....*Patriotism*
American Linden...*Matrimony*
American Starwort.*Welcome to a stranger Cheerfulness in old age*
Amethyst .....*Admiration*
Andromeda .....*Self-sacrifice*
Anemone (Zephyr Flr.) .....*Sickness. Expectation*
Anemone, Garden...*Forsaken*
Angelica .....*Inspiration, or Magic*
Angrec .....*Royalty*
Apricot Blossom....*Doubt*
Apple .....*Temptation*
Apple Blossom.....*Preference. Fame speaks him great and good*
Apple, Thorn.....*Deceitful charms*
Apocynum (Dogsbane) .....*Deceit*
Arbor Vitæ.....*Unchanging friendship. Live for me*
Arbutus .....*Thee only do I love*
Arum (Wake Robin) .....*Ardour. Zeal*
Ash-leaved Trumpet Flower .....*Separation*
Ash, Mountain.....*Prudence, or With me you are safe*
Ash Tree.....*Grandeur*
Aspen Tree.....*Lamentation, or Fear*
Aster (China).....*Variety, After-thought*
Asphodel .....*My regrets follow you to the grave*
Auricula .....*Painting*
Auricula, Scarlet...*Avarice*
Austurtium .....*Splendor*
Autumnal Leaves...*Melancholy*
Azalea .....*Temperance*

B

Bachelor's Button...*Celibacy*
Balm .....*Sympathy*
Balm, Gentle.....*Pleasantry*
Balm of Gilead.....*Cure, Relief*
Balsam, Red.....*Touch me not. Impatient resolves*
Balsam, Yellow.....*Impatience*
Barberry .....*Sharpness of temper*
Basil .....*Hatred*
Bay Leaf.....*I change but in death*
Bay (Rose) Rhododendron .....*Danger, Beware*
Bay Tree .....*Glory*
Bay Wreath.....*Reward of merit*
Bearded Crepis.....*Protection*
Beech Tree.....*Prosperity*
Bee Orchis.....*Industry*
Bee Ophrys.....*Error*
Begonia .....*Deformity*
Belladonna .....*Silence. Hush!*
Bell Flower, Pyramidal .....*Constancy*
Bell Flower (sm. white) .....*Gratitude*
Belvedere .....*I declare against you*
Betony .....*Surprise*
Bilberry .....*Treachery*
Bindweed, Great....*Insinuation, Importunity*
Bindweed, Small....*Humility*
Birch .....*Meekness*
Birdsfoot (Trefoil).*Revenge*
Bittersweet: Nightshade .....*Truth*
Black Poplar.....*Courage. Affliction*
Blackthorn .....*Difficulty*
Bladder Nut Tree..*Frivolity, Amusement*
Bluebottle (Centaury) .....*Delicacy*
Bluebell .....*Constancy, Sorrowful regret*
Blue-flowered Greek Valerian .....*Rupture*
Bonus Henricus....*Goodness*
Borage .....*Bluntness*
Box Tree.....*Stoicism*
Bramble .....*Lowliness, Envy, Remorse*
Branch of Currants.*You please all*
Branch of Thorns..*Severity, Rigour*
Bridal Rose.....*Happy love*
Broom .....*Humility. Neatness*
Browallia Jamisonii.*Could you bear poverty?*
Buckbean .....*Calm repose*
Bud of White Rose.*A heart ignorant of love*
Buglos .....*Falsehood*
Bulrush .....*Indiscretion, Docility*
Bundle of Reeds, with their Panicles *Music*
Burdock .....*Importunity. Touch me not*
Bur .....*Rudeness. You weary me*
Buttercup (King-cup) .....*Ingratitude. Childishness*
Buttercups .....*Riches*
Butterfly Orchis....*Gaiety*
Butterfly Weed.....*Let me go*

C

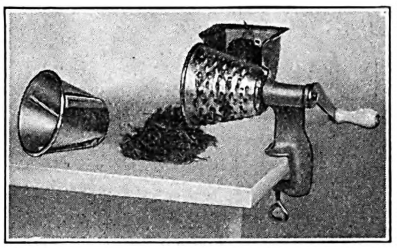
Cabbage .....*Profit*
Cacalia .....*Adulation*
Cactus .....*Warmth*
Calla Æthiopica....*Magnificent beauty*
Calceolaria .....*I offer you pecuniary assistance, or I offer you my fortune*
Calycanthus .....*Benevolence*
Camellia Japonica,

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Red .....*Unpretending excellence*
Ditto, White.....*Perfected loveliness*
Camomile .....*Energy in adversity*
Campanula Pyramida .....*Aspiring*
Camphire .....*Fragrance*
Canary Grass.....*Perseverance*
Candytuft .....*Indifference*
Canterbury Bell.....*Acknowledgment*
Cape Jasmine.....*I am too happy*
Cardamine .....*Paternal error*
Carnation, Deep Red*Alas! for my poor heart*
Carnation, Striped...*Refusal*
Carnation, Yellow...*Disdain*
Cardinal Flower....*Distinction*
Catchfly .....*Snare*
Catchfly, Red.....*Youthful love*
Catchfly, White.....*Betrayed*
Cattleya .....*Mature charms*
Cattleya, Pineli.....*Matronly grace*
Cedar .....*Strength*
Cedar of Lebanon...*Incorruptible*
Cedar Leaf.....*I live for thee*
Celandine, Lesser...*Joys to come*
Cereus, Creeping....*Modest genius*
Centaury .....*Delicacy*
Champignon .....*Suspicion*
Chequered Fritillary.*Persecution*
Cherry Tree, White.*Good education*
Cherry Blossom.....*Insincerity*
Chestnut Tree.....*Do me justice*
Chinese Primrose...*Lasting love*
Chickweed .....*Rendezvous*
Chicory .....*Frugality*
China Aster.....*Variety*
China Aster, Double.*I partake your sentiments*
China Aster, Single.*I will think of it*
China or Indian Pink .....*Aversion*
China Rose.....*Beauty always new*
Chinese Chrysanthemum .....*Cheerfulness under adversity*
Chorozema Varium.*You have many lovers*
Christmas Rose.....*Relieve my anxiety*
Chrysanthemum, Red .....*I love*
Chrysanthemum, White .....*Truth*
Chrysanthemum, Yellow .....*Slighted love*
Cineraria .....*Always delightful*
Cinquefoil .....*Maternal affection*
Circæa .....*Spell*
Cistus, or Rock Rose*Popular favor*
Cistus, Gum.....*I shall die tomorrow*
Citron .....*Ill-natured beauty*
Clarkia .....*The variety of your conversation delights me*
Clematis .....*Mental beauty. Artifice*
Clematis, Evergreen*Poverty*
Clianthus .....*Worldliness. Self-seeking*
Clotbur .....*Rudeness, Pertinacity*
Cloves .....*Dignity*
Clover, Four-leaved.*Be mine*
Clover, Red.....*Industry*
Clover, White.....*Think of me. Promise*
Cobæa .....*Gossip*
Cockscomb Amaranth .....*Foppery. Affectation. Singularity*
Colchicum, or Meadow Saffron.....*My best days are past*
Coltsfoot .....*Justice shall be done*
Columbine .....*Folly*
Columbine, Purple..*Resolved to win*
Columbine, Red.....*Anxious and trembling*
Convolvulus .....*Bonds*
Convolvulus, Bl. (Min.) .....*Repose. Night*
Convolvulus, Major.*Extinguished hopes*
Convolvulus, Pink..*Worth sustained by judicious and tender affection*
Corchorus .....*Impatient of absence*
Coreopsis .....*Always cheerful*
Coreopsis Arkansa..*Love at first sight*
Coriander .....*Hidden worth*
Corn .....*Riches*
Corn, Broken.....*Quarrel*
Corn Straw.....*Agreement*
Corn Bottle.....*Delicacy*
Corn Cockle.....*Gentility*
Cornflower .....*Delicacy*
Cornel Tree.....*Duration*
Coronella .....*Success crown your wishes*
Cosmelia Subra.....*The charm of a blush*
Cowslip .....*Pensiveness. Winning grace. Youthful beauty*
Cowslip, American..*Divine beauty*
Crab (Blossom)....*Ill nature*
Cranberry .....*Cure for heartache*
Creeping Cereus....*Horror*
Cress .....*Stability, Power*
Crocus .....*Abuse not. Impatience*
Crocus, Spring.....*Youthful gladness*
Crocus, Saffron.....*Mirth. Cheerfulness*
Crown, Imperial....*Majesty. Power*
Crowsbill .....*Envy*
Crowfoot .....*Ingratitude*
Crowfoot (Aconite-lvd) .....*Lustre*
Cuckoo Plant.....*Ardour*
Cudweed, American.*Unceasing remembrance*
Currant .....*Thy frown will kill me*
Cuscuta .....*Meanness*
Cyclamen .....*Diffidence*
Cypress .....*Death. Mourning*

D

Daffodil .....*Regard, Unrequited love*
Dahlia .....*Instability. Pomp*
Daisy .....*Innocence*
Daisy, Garden.....*I share your sentiments*
Daisy, Michaelmas..*Farewell or Afterthought*
Daisy, Parti-colored.*Beauty*
Daisy, Wild.....*I will think of it*
Damask Rose.....*Brilliant complexion*
Dandelion .....*Rustic oracle*
Dandelion or This-



Like Eating Rose Petals!

You can't begin to know the taste of food until you put it through the new gricer.

Hidden in carrots, turnips, potatoes, cabbage, apples, etc., are mysterious, delightful flavors which we have never known with the average cooking and cutting.

There are few words to describe the thrill everyone who uses this new instrument experiences. For the housewife it turns work into play. For the artist who can only eat artistically prepared foods, it is a great delight. For the man who spurns vegetables and fruits it is a thoroughly new eye-opener. We have yet to find a human being whose eyes do not become large with surprise and admiration when he sees what the gricer does to food.

Delicate little thread-like curves, or flower-like petal slices are made of the plainest foods put through the gricer. Many colored salads, fantastic desserts, and surprising dishes of all kinds are made by this clever new tool. It grates ice, shreds all foods, slices them, rices potatoes, crumbs bread, chops uniformly, peels, and does many tricks all its own.

Absolutely no nuts to get lost.

Does not have to be taken apart for cleaning. It is simply delightful and delightfully simple.

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You may start suit against me if you are anything but delighted with the New Gricer and the diets which go with it.

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Park Ridge, Illinois

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NEW WAYS TO YOUTH

ORIGINAL IODINE SEA LETTUCE—SILICON OATS

Free List of Iodine Foods with Iodine Order

If you will remember these two facts alone, about health, you will know a very great deal indeed:

Your doctor will tell you IODINE in drug form is exceedingly dangerous. Your physician alone should prescribe it. Yet when one lacks iodine in organic food form he is not only prematurely old and tired, but there is great occasional prostration, and craving for ice about the head and neck, a tendency to grasp at the throat, numbness of arms, palpitation on climbing stairs, a restlessness making it hard to sit still or to keep the hands still, a pale, dry, alternately hot and cold skin, a relaxed bulky abdomen, alternately slow and rapid pulse, alternate hunger and repulsion to food, fear and dread of others' opinions amounting to a mania, childishness, awkwardness, alternate silence and talking spells, gnashing of teeth, and many other symptoms.

We cannot be fully normal without this chemical supplied in our glandular system.

Iodine supplied in drug form is exceedingly dangerous. The body is an **organic** substance, and only **organic** iodine in food form should be taken, just as Nature gives it to us.

The richest of all iodine foods is IODINE SEA LETTUCE — the true THYROID food — delightful in taste, and right from Nature's laboratory, the Ocean.

A small leaf of iodine sea lettuce taken every day will prevent goitre, and clear up those trying symptoms when the beginning lack of iodine is felt by the body.

Natural IODINE in food form is a great beautifier of the complexion as well as a perpetual, poised energy builder.

WHEN YOU LACK IODINE
You Are Not Really Yourself

One may now have **ORGANIC IODINE** in the original leaf form.—A three months' supply costs $1.00.

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It is difficult for those in small cities to get steel cut oats which contain SILICON. Rolled oats do not contain this great youth preserver. Steel cut oats are delightful. God's original chemical elements remain, and the taste is decidedly fresh and different.

If you wish to make work your play, and to feel young, happy and graceful, to retain your teeth, to brighten your eyesight, send for a two months' supply of Silicon Oats, $1.00.

HEALTH INFORMATION BUREAU
365 W. Madison St.
Chicago

tle-seed-head .....*Depart*
Daphne .....*Glory. Immortality*
Daphne Odora.....*Painting the lily*
Darnel .....*Vice*
Dead Leaves.....*Sadness*
Deadly Nightshade.*Falsehood*
Dew Plant.....*A serenade*
Dianthus .....*Make haste*
Diosma .....*Your simple elegance charms me*
Dipteracanthus Spectabilis .....*Fortitude*
Dipladamia Crassinoda .....*You are too bold*
Dittany of Crete....*Birth*
Dittany of Crete, White .....*Passion*
Dock .....*Patience*
Dodder of Thyme...*Baseness*
Dogsbane .....*Deceit. Falsehood*
Dogwood .....*Durability*
Dragon Plant.....*Snare*
Dragonwort .....*Horror*
Dried Flax.....*Utility*

E

Ebony Tree.....*Blackness*
Echites Atropurpurea .....*Be warned in time*
Eglantine (Sweetbriar) .....*Poetry. I wound to heal*
Elder .....*Zealousness*
Elm .....*Dignity*
Enchanter's Nightshade .....*Witchcraft. Sorcery*
Endive .....*Frugality*
Escholzia .....*Do not refuse me*
Eupatorium .....*Delay*
Evening Primrose...*Silent Love*
Ever-flowing Candytuft .....*Indifference*
Evergreen Clematis.*Poverty*
Evergreen Thorn...*Solace in adversity*
Everlasting .....*Never-ceasing remembrance*
Everlasting Pea.....*Lasting pleasure*

F

Fennel .....*Worthy all praise. Strength.*
Fern .....*Fascination. Magic. Sincerity.*
Ficoides, Ice Plant *Your looks freeze me*
Fig .....*Argument*
Fig Marygold.....*Idleness*
Fig Tree.....*Prolific*
Filbert .....*Reconciliation*
Fir .....*Time*
Fir Tree.....*Elevation*
Flax .....*Domestic industry Fate. I feel your kindness*
Flax - lvd. Goldenlocks .....*Tardiness*
Fleur-de-Lys .....*Flame. I burn*
Fleur-de-Luce .....*Fire*
Flowering Fern.....*Reverie*
Flowering Reed.....*Confidence in Heaven*
Flower-of-an-Hour.*Delicate beauty*
Fly Orchis.....*Error*
Flytrap .....*Deceit*
Fool's Parsley.....*Silliness*
Forget-me-not .....*Forget-me-not*
Foxglove .....*Insincerity*
Franciscea Latifolia.*Beware of false friends*
French Honeysuckle*Rustic beauty*
French Marygold...*Jealousy*
French Willow.....*Bravery and humanity*
Fuchsia, Scarlet....*Taste*
Anger

SCIENTIFIC CHARACTER ANALYSIS

Send specimen of handwriting and 25c in silver for disclosure of ten principal traits. An analysis from your handwriting, full name and birthday, $1.00.

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1222 McKinley Ave., Akron, Ohio

G

Garden Anemone...*Forsaken*
Garden Chervil.....*Sincerity*
Garden Daisy.....*I partake your sentiments*
Garden Marygold...*Uneasiness*
Garden Ranunculus.*You are rich in attractions*
Garden Sage.....*Esteem*
Garland of Roses...*Reward of virtue*
Gardenia .....*Refinement*
Germander Speedwell .....*Facility*
Geranium .....*Deceit*
Geranium, Dark....*Melancholy*
Geranium, Horseshoeleaf .....*Stupidity*
Geranium, Ivy.....*Bridal favor*
Geranium, Lemon...*Unexpected meeting*
Geranium, Nutmeg..*Expected meeting*
Geranium, Oakleaved .....*True friendship*
Geranium, Rosescented .....*Preference*
Geranium, Scarlet...*Comforting*
Geranium, Silverleaved .....*Recall*
Geranium, Wild....*Steadfast piety*
Gladioli .....*Ready armed*
Glory Flower.....*Glorious beauty*
Golden Rod.....*Precaution*
Gooseberry .....*Anticipation*
Gourd .....*Extent. Bulk*
Grape, Wild.....*Charity*
Grass .....*Submission. Utility*

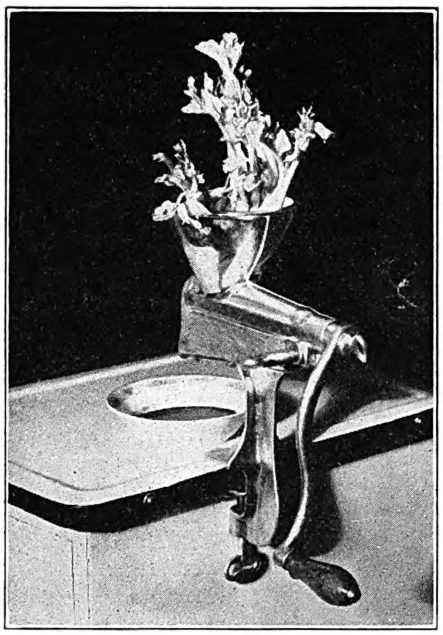
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H

Hand Flower Tree..*Warning*
Harebell .....*Submission. Grief*
Hawkweed .....*Quick-sightedness*
Hawthorn .....*Hope*
Hazel .....*Reconciliation*
Heart's-ease, or Pansy .....*Thoughts*
Heath .....*Solitude*
Helenium .....*Tears*
Heliotrope .....*Devotion, or I turn to thee*

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Have You a Little Mine in Your Home



This is The Health Mine

It mines the minerals from foods. The choice, juicy iron is extracted from spinach in a glorious green colored wine. For acidity, anemic headache.

The cooling alkalinizing sodium is extracted from celery in a delightful drink which immediately soothes nerves, quiets the restless person, sweetens the entire body tissue, and attracts iron. The most wonderful of all drinks for nerve ailments, for hardened joints and arteries, and for removing those digestive troubles which come from a lack of sodium. In both acute and chronic diseases celery juice is little short of miraculous.

The health mine does a very clever thing. It serves the household in two ways. First, it extracts the powerful curative juices for those who are ill. Turnip juice ground through it has quinine begging for power. Then second, it saves the pulp of the vegetable so that it can be steamed or cooked for the family meal. The green juice of spinach drips out from the front of the health mine, and the shredded spinach from the rear of the mine.

No one dreams of the delicious tastes of raw cabbage juice, raw carrot juice, raw plum juice, raw peach juice, raw green grape juice, raw fresh pineapple juice, etc., until he has tasted it from The Health Mine. Entirely different are these juices when uncooked, preserving their chemical power and God-given taste.

The Health Mine is imported at present, but soon will be procurable in America. When once in the home, there is no health enthusiast living who would allow it to leave.

Price, express prepaid..$10.00 including duty

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Hellebore .....*Scandal. Calumny*
Helmet Flower (Monks-hood) ...*Knight-errantry*
Hemlock .....*You will be my death*
Hemp .....*Fate*
Henbane .....*Imperfection*
Hepatica .....*Confidence*
Hibiscus .....*Delicate beauty*
Holly .....*Foresight*
Holly Herb.....*Enchantment*
Hollyhock .....*Ambition. Fecundity*
Honesty .....*Honesty. Fascination*
Honey Flower.....*Love sweet and secret*
Honeysuckle .....*Generous and devoted affection*
Honeysuckle, Coral.*The color of my fate*
Honeysuckle, French*Rustic beauty*
Hop .....*Injustice*
Hornbeam .....*Ornament*
Horse Chestnut.....*Luxury*
Hortensia .....*You are cold*
Houseleek .....*Vivacity. Domestic industry*
Houstonia .....*Content*
Hoya .....*Sculpture*
Hoyabella .....*Contentment*
Humble Plant.....*Despondency*
Hundred-leaved Rose .....*Dignity of mind*
Hyacinth .....*Sport. Game. Play*
Hyacinth, Purple...*Sorrowful*
Hyacinth, White....*Unobtrusive loveliness*
Hydrangea .....*A boaster*
Hyssop .....*Cleanliness*

I

Iceland Moss.....*Health*
Ice Plant.....*Your looks freeze me*
Imbricata .....*Uprightness. Sentiments of honor*
Imperial Montague..*Power*
Indian Cress.....*Warlike trophy*
Indian Jasmine (Ipomœa) .....*Attachment*
Indian Pink (Dble).*Always lovely*
Indian Plum.....*Privation*
Iris .....*Message*
Iris, German.....*Flame*
Ivy .....*Friendship,. Fidelity. Marriage*
Ivy, Sprig of, with Tendrils .....*Assiduous to please*

J

Jacob's Ladder.....*Come down*
Japan Rose.....*Beauty is your only attraction*
Japanese Lilies.....*You cannot deceive me*
Jasmine .....*Amiability*
Jasmine, Cape.....*Transport of joy*
Jasmine, Carolina...*Separation*
Jasmine, Indian.....*I attach myself to you*
Jasmine, Spanish....*Sensuality*
Jasmine, Yellow....*Grace and elegance*
Jonquil .....*I desire a return of affection*
Judas Tree.....*Unbelief. Betrayal*
Julienne, White.....*Despair not; God is everywhere*
Juniper .....*Succour. Protection*
Justicia .....*The perfection of female loveliness*

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K

Kennedia .....*Mental beauty*
Kingcups .....*Desire of riches*

L

Laburnum .....*Forsaken. Pensive beauty*
Lady's Slipper.....*Capricious beauty. Win me and wear me*
Lagerstræmia, Indian*Eloquence*
Lantana .....*Rigour*
Lapageria Rosea....*There is no unalloyed good*
Larch .....*Audacity. Boldness*
Larkspur .....*Lightness. Levity*
Larkspur, Pink.....*Fickleness*
Larkspur, Purple...*Haughtiness*
Laurel .....*Glory*
Laurel, Common, in flower .....*Perfidy*
Laurel, Ground.....*Perseverance*
Laurel, Mountain...*Ambition*
dens .....
Laurel-leavd. Mag-*Dignity*
nolia .....*A token*
Lettuce .....*Distrust*
Laurestina .....*Melancholy*
Lavender .....*Zest*
Leaves (dead).....*Fidelity in love*
Lemon .....
Lemon Blossoms....*You are charming*
Leschenaultia Splen-*Cold-heartedness*
Lichen .....*Dejection. Solitude*
Lilac, Field.....*Humility*

THE MOON'S SIGN BOOK

A Planetary Daily Guide For All

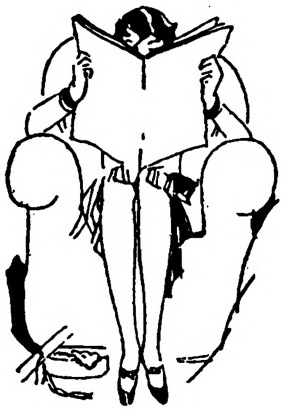
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Lilac, Purple.....*First emotions of love*
Lilac, White.....*Youthful innocence*
Lily, Day.....*Coquetry*
Lily, Imperial.....*Majesty*
Lily, White.....*Purity. Sweetness*
Lily, Yellow.....*Falsehood. Gaiety*
Lily of the Valley..*Return of happiness. Unconscious sweetness*
Linden or Lime Trees .....*Conjugal love*
Lint .....*I feel my obligations*
Live Oak.....*Liberty*
Liverwort .....*Confidence*
Liquorice, Wild.....*I declare against you*
Lobelia .....*Malevolence*
Locust Tree.....*Elegance*
Locust Tree (green) *Affection beyond the grave*
London Pride.....*Frivolity*
Lote Tree.....*Concord*
Lotus .....*Eloquence*
Lotus Flower.....*Estranged love*
Lotus Leaf.....*Recantation*
Love in a Mist.....*Perplexity*
Love lies Bleeding..*Hopeless, not heartless*
Lucern .....*Life*
Lupin .....*Voraciousness*

M

Madder .....*Calumny*
Magnolia .....*Love of nature. Magnificence*
Magnolia, Swamp...*Perseverance*
Mallow .....*Mildness*
Mallow, Marsh.....*Beneficence*
Mallow, Syrian.....*Consumed by love*
Mallow, Venetian...*Delicate beauty*
Malon Creeana.....*Will you share my fortunes*
Manchineal Tree....*Falsehood*
Mandrake .....*Horror*
Maple .....*Reserve*
Marianthus .....*Hope for better days*
Marygold .....*Grief*
Marygold, African..*Vulgar minds*
Marygold, French...*Jealousy*
Marygold, Prophetic*Prediction*
Marygold and Cypress .....*Despair*
Marjoram .....*Blushes*
Marvel of Peru....*Timidity*
Meadow Lychnis....*Wit*
Meadow Saffron....*My best days are past*
Meadowsweet .....*Uselessness*
Mercury .....*Goodness*
Mesembryanthemum.*Idleness*
Mezereon .....*Desire to please*
Michaelmas Daisy...*After-thought*
Mignonette .....*Your qualities surpass your charms*
Milfoil .....*War*
Milkvetch .....*Your presence softens my pains*
Milkwort .....*Hermitage*
Mimosa (Sensitive Pit) .....*Sensitiveness*
Mint .....*Virtue*
Mistletoe .....*I surmount difficulties*
Mitraria Coccinea...*Indolence. Dullness*
Mock Orange.....*Counterfeit*
Monarda Amplexicaulis .....*Your whims are quite unbearable*
Monkshood .....*A deadly foe is near*
Monkshood (Helmet Flower) .....*Chivalry. Knight-errantry*
Moonwort .....*Forgetfulness*
Morning Glory.....*Affectation*
Moschatel .....*Weakness*
Moss .....*Maternal love*
Mosses .....*Ennui*
Mossy Saxifrage....*Affection*
Motherwort .....*Concealed love*
Mountain Ash.....*Prudence*
Mourning Bride....*Unfortunate. attachment. I have lost all*
Mouse-eared Chickweed .....*Ingenuous simplicity*
Mouse-eared Scorpion Grass.....*Forget-me-not*
Moving Plant.....*Agitation*
Mudwort .....*Happiness, Tranquillity*
Mulberry Tree, Black .....*I shall not survive you*
Mulberry, Tree, Wh.*Wisdom*
Mushroom .....*Suspicion; or, I can't entirely trust you*
Musk Plant.....*Weakness*
Mustard Seed.....*Indifference*
Myrobalan .....*Privation*
Myrrh .....*Gladness*
Myrtle .....*Love*

N

Narcissus .....*Egotism*
Nasturtium .....*Patriotism*
Nemophila .....*Success everywhere*
Nettle, Common Stinging .....*You are spiteful*
Nettle, Burning.....*Slander*
Nettle Tree.....*Conceit*
Night-blooming Cereus .....*Transient beauty*
Nightshade .....*Falsehood*

O

Oak Leaves.....*Bravery*
Oak Tree.....*Hospitality*
Oak, White.....*Independence*
Oats .....*The witching soul of music*
Oleander .....*Beware*
Olive .....*Peace*
Orange Blossoms...*Your purity equals your loveliness*
Orange Flowers....*Chastity. Bridal festivities*
Orange Tree.....*Generosity*
Orchis .....*A belle*
Osier .....*Frankness*
Osmunda .....*Dreams*
Ox Eye.....*Patience*

P

Palm .....*Victory*
Pansy .....*Thoughts*
Parsley .....*Festivity*
Pasque Flower.....*You have no claims*
Passion Flower.....*Religious superstition.*
Patience Dock.....*Patience*

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SPECIAL NOTICE
TO STUDENTS OF LIFE

We have noticed from our correspondence that as soon as an alert searcher for information secures a copy of "How-To-Eat" the following question reaches our desk in the order that night follows day: Can I obtain the back numbers?

Yes, for a Short Time Only

Owing to an error in the press-room, a certain issue was run short of the required number for the newsstands. Thus we have fewer of this number for our back files. We are therefore advising readers who are making an organized study of life and who want to add a complete file of "How-To-Eat" magazines to their reference library to lose no time in ordering. A matter of 60 days might make it impossible for you to study the co-ordinated series now running.

If this is your first copy of "How-To-Eat" glance through the following list of articles that have run in previous issues. Any one of them is worth the price of the 8 back numbers which sell for 25c each, $2.00 for the complete back file. If you are well you will act now!

"You Can't Be Beautiful with a Grave Yard in Your Mouth!" (This does not discuss appearances.)

"The Foods That Make Diseases Famous."

"See Your Dentist Before You Are Born." (An article starting at the foundation of life.)

"If Horses Ate White Bread."

"Onions and Glands."

"Where Is Your Spunk?"

"Your Body Chemistry."

"Different Jobs Need Different Food."

"Food and Divorce.

"Starving Amid Plenty."

"Have You Had Your White Flour Cut Out?"

"If You Have an Iodine Week" —(You will never be weak.)

If you are a newcomer to our ranks ask for Free Youth Diet.

HOW-TO-EAT MAGAZINE
25 East Washington St.
Chicago, Illinois

Pea, Everlasting....*An appointed meeting. Lasting pleasure*
Pea, Sweet.....*Departure*
Peach .....*Your qualities, like your charms, are unequalled*
Peach Blossom.....*I am your captive*
Pear .....*Affection*
Pear-tree .....*Comfort*
Penstemon Azureum.*High-bred*
Pennyroyal .....*Flee away*
Peony .....*Shame. Bashfulness*
Peppermint .....*Warmth of feeling*
Periwinkle, Blue....*Early friendship*
Periwinkle, White...*Pleasures of memory*
Persicaria .....*Restoration*
Persimon .....*Bury me amid Nature's beauties*
Peruvian Heliotrope.*Devotion*
Petunia .....*Your presence soothes me*
Pheasant's Eye.....*Remembrance*
Phlox .....*Unanimity*
Pigeon Berry.....*Indifference*
Pimpernel .....*Change, Assignation.*
Pine .....*Pity*
Pine-apple .....*You are perfect*
Pine, Pitch.....*Philosophy*
Pine, Spruce.....*Hope in adversity*
Pink .....*Boldness*
Pink, Carnation... .*Woman's love*
Pink, Indian, Double*Always lovely*
Pink, Indian, Single.*Aversion*
Pink, Mountain.....*Aspiring*
Pink, Red, Double..*Pure and ardent love*
Pink, Single.....*Pure love*
Pink, Variegated....*Refusal*
Pink, White.....*Ingeniousness. Talent*
Plantain .....*White man's footsteps*
Plane Tree.....*Genius*
Plum Tree.....*Fidelity*
Plum, Wild.....*Independence*
Plumbago Larpenta.*Holy wishes*
Polyanthus .....*Pride of riches*
Polyanthus, Crimson*The heart's mystery*
Polyanthus, Lilac...*Confidence*
Pomegranate .....*Foolishness*



FIND YOUR RIGHT PLACE

If you have not made the advancement in life that you desire—if you are unhappy in your present work and dissatisfied generally—it may be that you have not found the work for which you are best suited.

Let Scientific Name Analysis guide you. Send full baptismal name, also birth date, month, day and year, and receive a helpful analysis of yourself through the application of this science to your being. A Course of 13 lessons in name and birth date analysis for $5.00.

NAN ELLEAN BROOKS
Suite 302-H
The 18 East Elm St. Hotel, Chicago, Ill.

Pomegranate Flower*Mature elegance*
Poor Robin .....*Compensation, or an equivalent*
Poplar, Black.....*Courage*
Poplar, White.....*Time*
Poppy, Red.....*Consolation*
Poppy, Scarlet.....*Fantastic extravagance*
Poppy, White.....*Sleep. My bane*
Potato .....*Benevolent*
Potetilla .....*I claim, at least, your*

There May Be a Message for You in the Crystal--Find Out

Tell Us NOTHING about Yourself. Investigate with an Open Mind.



When large universities have their departments of psychic research we should all be willing to study this great subject free from prejudice.

We promise you **nothing**, because you will get from the crystal only yourself. The vibration you put into your sealed envelope is the only thing felt by the sensitive person who opens it.

Do Not Tell Us Your Age.
Do Not Tell Us Your Occupation.
Do Not Tell Us What You Want to Do, or Have Done.
Tell Us Nothing.

Just follow these directions, and for the sake of scientific research, see what message the crystal will show to you. The test is free to new subscribers.

Write the Lord's prayer on a sheet of paper. Seal it without allowing anyone to touch it. Then put the sealed envelope, and $1.50 for a year's subscription (outside the sealed envelope) into another envelope, with the coupon below.

Character Reading Magazine,
820 N. Michigan Ave., Chicago.

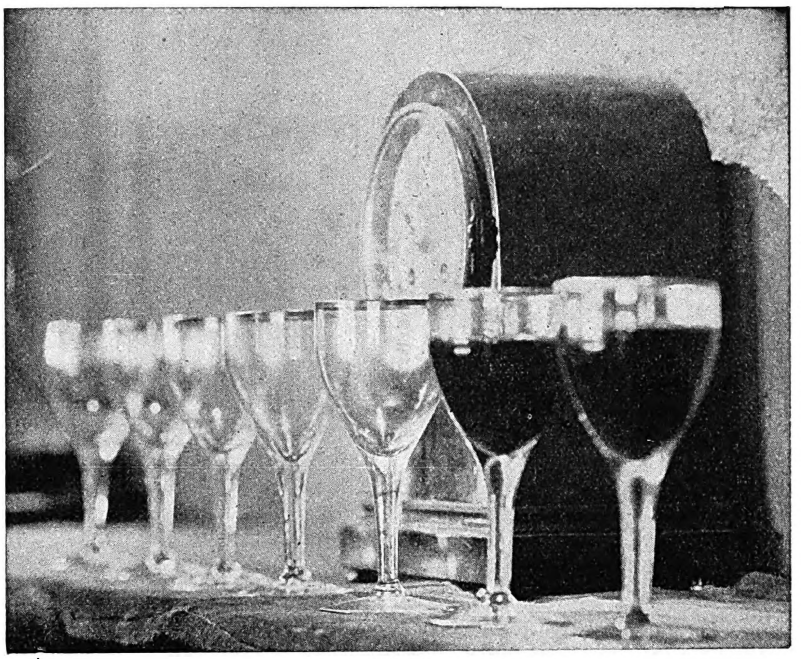
I am a student of psychic research. I am willing to investigate the subject of crystal reading with a year's subscription to Character Reading, for which I enclose $1.50.

Name .....Address .....City .....

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COCKTAILS

--One for Each Day of the Week



You need **all** of them. You may have them all for $1.00.

The Pep Cocktail	**$ .10**
The Sleep Cocktails	**.25**
The Complexion Cocktails	**.25**
The Brain Cocktails	**.25**
The Magnetism Cocktails	**.25**
The Vitality Cocktails	**.25**
The Courage Cocktails	**.25**
	$1.60—All for $1.00

Priceless chemical secrets are contained in these cocktails. There is psychological and chemical knowledge in their pages you would not trade for several hundred dollars, when you put them into practice.

"They have remade my life," people say.

"I know now that the body can help the mind, and the mind can help the body," say others.

The cocktails combine foods and psychology—the only true way to feed the human being, who is both body and soul.

Health Information Bureau

365 West Madison Street

CHICAGO

esteem

Prickly Pear.....*Satire*
Pride of China.....*Dissension*
Primrose .....*Early youth and sadness*
Primrose, Evening...*Inconstancy*
Primrose, Red.....*Unpatronized merit*
Privet .....*Prohibition*
Purple Clover.....*Provident*
Pyrus Japonica.....*Fairies' fire*

Q

Quaking grass.....*Agitation*
Queen's Rocket.....*You are the queen of coquettes. Fashion*
Quince .....*Temptation*

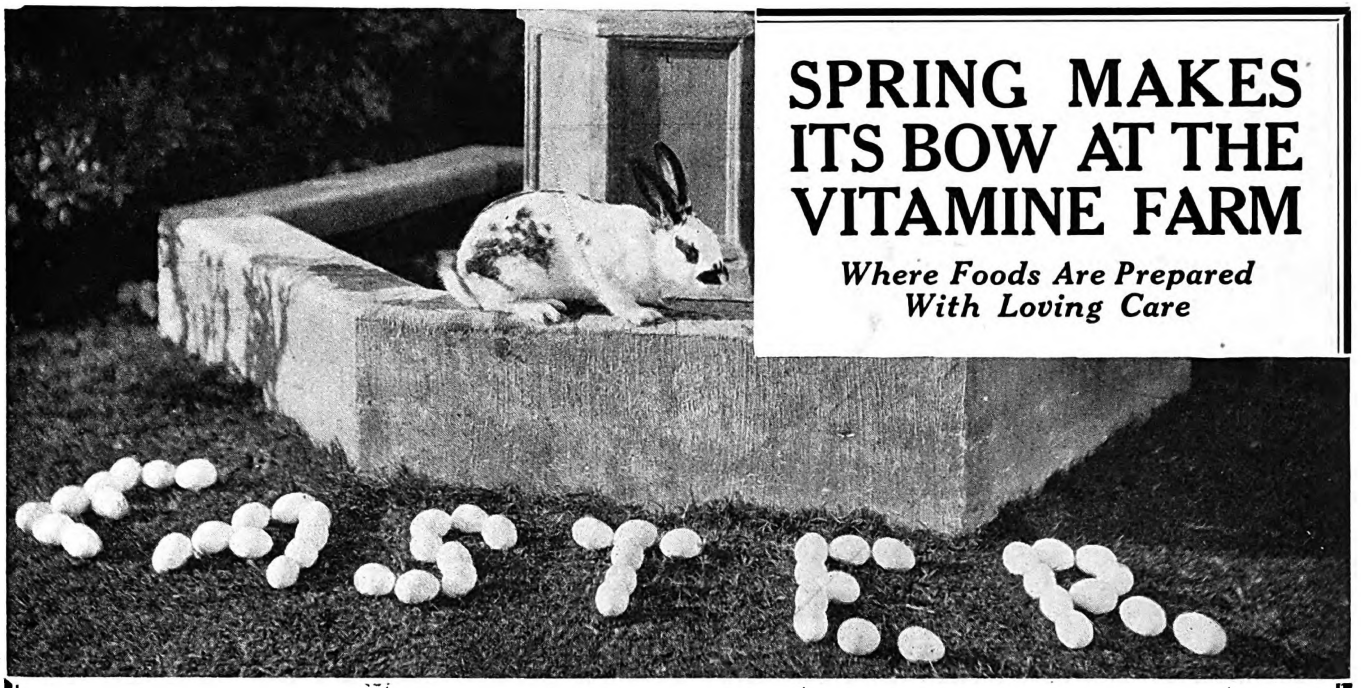
R

Ragged-Robin .....*Wit*
Ranunculus .....*You are radiant with charms*
Raspberry .....*Remorse*
Ray Grass.....*Vice*
Reed .....*Complaisance. Music*
Reed, Split.....*Indiscretion*
Rhododendron (Rosebay) .....*Danger. Beware*
Rhubarb .....*Advice*
Rocket .....*Rivalry*
Rosé .....*Love*
Rose, Burgundy.....*Unconscious beauty*
Rose, Carolina.....*Love is dangerous*
Rose, Deep Red.....*Bashful shame*
Rose, Single.....*Simplicity*
Rose, Thornless.....*Early attachment*
Rose, White.....*I am worthy of you*
Rose, Yellow.....*Decrease of love. Jealousy*
Rose, Fll.-blwn., placed over 2 buds.*Secrecy*
Rose, Bridal.....*Happy love*
Roses, Crown of....*Reward of virtue*
Rosebud, Red.....*Pure and lovely*
Rosebud, White.....*Girlhood*
Rosebud, Moss.....*Confession of love*
Rose Leaf.....*You may hope*
Rosemary .....*Remembrance*
Rue .....*Disdain*
Rush .....*Docility*
Rye Grass.....*Changeable disposition*

S

Saffron .....*Beware of excess*
Saffron Crocus.....*Mirth*
Saffron, Meadow...*My happiest days are past*
Sage .....*Domestic virtue*
Sage, Garden.....*Esteem*
Saint John's Wort..*Animosity*
Salvia, Blue.....*Wisdom*
Salvia, Red.....*Energy*
Saxifrage, Mossy...*Affection*
Scabious .....*Unfortunate love*
Scabious, Sweet....*Widowhood*
Scarlet Lychnis.....*Sunbeaming eyes*
Schinus .....*Religious enthusiasm*
Scotch Fir.....*Elevation*
Sensitive Plant.....*Sensibility*
Senvy .....*Indifference*
Shamrock .....*Light-heartedness*
Shepherd's Purse...*I offer you my all*
Sipnocampylos .....*Resolved to be noticed*
Snakesfoot .....*Horror*
Snapdragon .....*Presumption, also 'No'*

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SPRING MAKES ITS BOW AT THE VITAMINE FARM

Where Foods Are Prepared With Loving Care

We Raise In Our Gardens Twelve Parts Of Your Body Chemistry

THOSE TWELVE MINERAL SALTS WHICH KEEP YOU ALIVE WHEN YOU LIVE

CALCIUM—The executive, strong, enduring chemical, which gives us will, long life and red blood.

SILICON—The joy maker, the optimist, speed artist, hair growing chemical which brightens eyesight and complexion, and immunizes against tuberculosis.

30 Capsules $1.00

FLUORIN—The youth preserver, the protector against infections, bone disease, and fear.

30 Capsules $1.00

POTASSIUM—The healer, pain reliever, enthusiast, athlete, and the preventive of constipation and growths.

30 Capsules $1.00

SODIUM—The alkalinizer, the digestive chemical, the good nature and clear brain chemical which prevents catarrh, deafness, hardening processes, moodiness, and enables the body to take up iron.

30 Capsules $1.00

CHLORIN—The laundryman of the body which expels waste matter, and keeps joints and tendons supple. Prevents pyorrhoea, excessive fat, and auto intoxication.

30 Capsules $1.00

IODINE—The great gland regulator, which gives mental energy, originality, pep and confidence, and which prevents goitre, insanity through auto intoxication, and nervous breakdowns. Prevents baldness.

30 Capsules $1.00

MANGANESE—The chemical of poise, strong nerves and good judgment, which coordinates thoughts, gives elasticity, and quick recuperative ability.

30 Capsules $1.00

MAGNESIUM—The cool, alkaline, refreshing, and sleep promoting chemical, which is a laxative, complexion aid, and preventive of wrinkles from restlessness and anxiety.

30 Capsules $1.00

IRON—The master chemical which keeps the life force in harmony in the body, gives warmth, magnetism, mental endurance, and creative ability, success, ambition, and vitality.

30 Capsules $1.00

SULPHUR—The beautifier, the inspirer, the maker of glossy hair, which makes it difficult for disease to enter the body, which promotes bile secretions, throwing out bodily impurities, and which enables the liver to take up the 16 chemical elements.

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PHOSPHORUS—The life chemical which is consumed with every thought. Prevents neurasthenia, and enables other elements to create bone, brain and red blood cells. Prevents fatigue. Needed badly by all types who do any kind of mental or indoor work.

30 Capsules $1.00

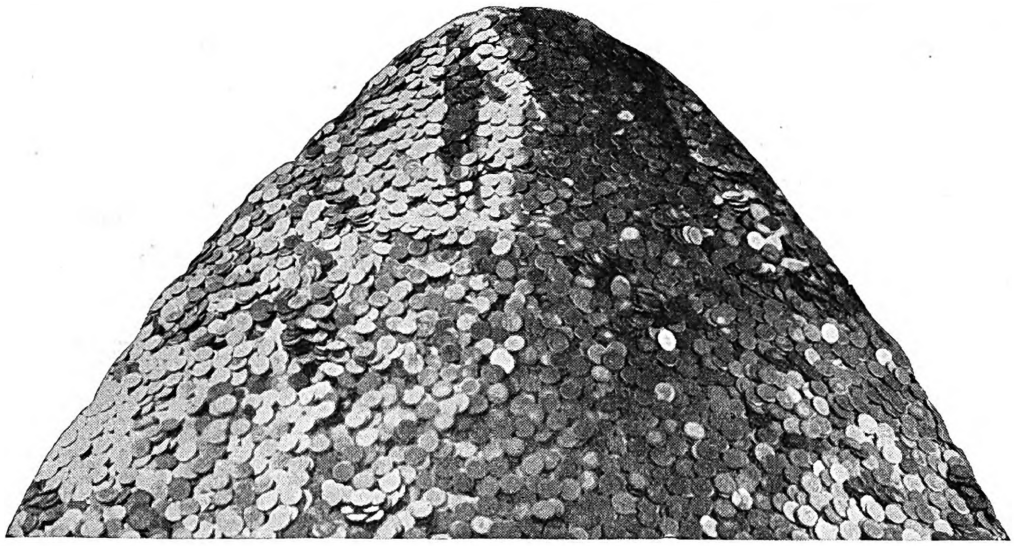
Every one of these chemicals is derived from foods, and foods alone. Drugless medicines of great power are they. They are absolutely pure, absolutely clean, and everyone is grown under our own supervision. No preservatives or adulterants of any kind are added. The foods are dehydrated, powdered and put into dainty capsules so that no matter where you are you may have your twelve life-giving chemicals.

Each order is prepared individually, and fresh, at the time of the order. No wholesale stocks to deteriorate. Order your foods five days in advance of your needs, allowing us time to prepare your individual order. Our foods are prepared with loving care. The vibration of 100% wishes for your health is put into every little capsule.

"You love every one of these capsules, don't you," said a visitor to the Vitamine Farm. "The whole place reflects it."

THE VITAMINE FARM, GENEVA, ILLINOIS

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I EXTRACT THE GOLD FROM FOODS, FOR YOU

There Is Nothing Mysterious or Miraculous About It!

Many of our patients say we have performed miracles. They are too prone to think we are magicians. This is not so. WE ARE FOOD CHEMISTS ONLY. We simply know that the magic in our foods was put there by Nature. We know that the tremendous power and force which we take from our foods and send to you are not OUR force, but the unlimited CHEMISTRY of Nature.

The Mightiest Power of Chemistry Is in FOODS

There is more organic iron in a fraction of an ounce of our spinach tonic food than there is in tons and tons of iron medicine pills. The manganese and other chemicals which we send you from our parsley beds have more power to calm your irritated nerves than a storehouse full of nerve drugs. The iodine, the potassium, the sodium, fluorin and calcium which we send you from our laboratory gardens are prepared by a process which leaves the life principle unimpaired, as seeds of these foods will grow if planted.

After passing through the process, WITHOUT COOKING, the foods are finely powdered. They are then scientifically combined, in a manner that experience and painstaking research have shown to be of greatest value in some particular condition. No preservatives or adulterants of any kind are added. The foods are packed in waxed cartons or in small capsules so that they may be taken with you wherever you go. If you should be on a trip you can have all the gold from fresh spinach, beets, watercress, lentils mushrooms, etc., right in your pocket. Your BODY WILL ALWAYS HAVE THE MINERAL ELEMENTS IT NEEDS FOR YOUR PERFECT HEALTH. YOU WILL BE INDEPENDENT OF RESTAURANTS, HOTELS, COOKS AND BOARDING HOUSES.

FOOD TONIC No. 1

For Constipation
For High Blood Pressure
For Liver and Gall Bladder Efficiency

This food supplies the liver with necessary elements to aid in its functional activity. When constipation is due to liver sluggishness it cleanses the intestinal tract. Very beneficial in catarrhal conditions and in high blood pressure.

One month's supply with diet lists of foods to be eaten during the treatment,

$2.00

FOOD TONIC No. 7

For Neuritis
For Rheumatism
For Recuperation

This food provides a heating quality which stimulates the circulation, and aids the elimination of accumulated acids. Clears the respiratory tract and voice. This food is not to be used in gastric ulcer.

One month's supply with diet lists of foods to be eaten during the treatment,

$2.00

FOOD TONIC No. 11

For Goitre

This food was developed to supply the organic mineral salts needed and which can be assimilated easily by the system starving for them. For people suffering with either simple or exophthalmic goitre.

One month's supply and diet lists,

$2.00

FOOD TONIC No. 4

For Anemia
For Low Blood Pressure
For Strength Building

High in organic iron. Great ease of assimilation. All mental workers should keep this constantly supplied. Office workers, musicians, artists, salesmen and public workers need it for their pep and continued effort.

One month's supply with diet lists of foods to be eaten during the treatment,

$2.00

FOOD TONIC No. 9

For Nervousness and Sleeplessness, as well as Hyperacidity

By feeding the nervous system this food soothes and enlivens the personality. Splendid results in highly nervous constitutions.

One month's supply with diet lists of foods to be eaten during the treatment,

$2.00

FOOD TONIC No. 22

For Diabetes and Debilitated Conditions

In diabetes it has been found by practical experience that this food reduces the craving for foods that are not allowable. Very high in organic mineral salts.

One month's supply with diet lists,

$2.00

FOOD TONIC No. 5

For Obesity
For Asthma and Poor Circulation

A Cleanser for the digestive tract in stout people. Reduces flesh when it is the result of sub-oxidation. For shortness of breath due to the same cause.

One month's supply with diet lists of foods to be eaten during the treatment,

$2.00

FOOD TONIC No. 10

For Stomach Disorders

Chronic stomach disturbances respond to this food. It supplies food elements needed for proper functioning in cases of rebellion against numerous foods.

One month's supply with diet lists of foods to be eaten during the treatment,

$2.00

All of Our Foods Are Grown in Nature's Garden and Cooked Only by the Sun's Rays

NOTE CAREFULLY.—Absolutely every ingredient in our chemical food tonics is secured from the following foods. The fine balance in securing just the right amount of these high powered chemicals has been a matter of years of research:

Asparagus	Celery	Corn	Honey	Lettuce	Mushrooms	Onions	Pumpkin	Potatoes	Spinach
Beets	Cauliflower	Dates	Horseradish	Lentils	Milk	Orange	Peanuts	Pecans	String Beans
Cranberries	Carrots	Figs	Irish Moss	Lemons	Nutmeg	Parsley	Parsnips	Rhubarb	Tomatoes
Cabbage	Cucumbers	Garlic	Kale	Mint	Okra	Peas	Pineapple	Radishes	Walnuts
									Watercress

THE FOOD CHEMIST **America Fore Bldg., CHICAGO**

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What "Magic Secret" Does He Tell Them?

"Tell me what you want, and you shall have it!" That's what this amazing man says. He brings you money — advancement — opportunity — success in any form you want it. *He gets you what you want!* He's done it for thousands of others. And he offers to do it for *you!*

WHY should the winning of success be so much of a gamble? That you've doubtless wondered many a time. For it *is* a gamble. As you can see all around you, success falls on most people by blind luck. You either get it, or you don't. Hard work and ability obviously have nothing to do with it. What the world calls success comes as often to the mediocre as to the capable. It seems as though Nature scatters success haphazard and lets it fall on whomever it may, regardless of what they *have* done, or have *not* done, to deserve it.

You've doubtless had these thoughts many a time. Every thinking man has. And you wonder why it should be so. You know that there is no such thing as chance in Nature; that everything is governed by Natural Law. For every *effect* there is a *cause*. You know that the methods you've been brought up to believe in won't bring you success. You, like thousands of others, have tried them all—and they don't work. Yet your reason tells you that as there is a *cause* for every *effect*, there *must* be a clean-cut, *definite* cause that produces success. And you wonder . . . and wonder . . .



Success Produced Chemically?

Fifteen years ago a quiet, unassuming man in Boston thought along these lines—even as you and I. And then he developed a startling theory. He knew, as you and I know, that everything in this world is a matter of chemistry—the result of the combination of various chemical elements in a certain way.

To him came the thought that if material things can be produced chemically, why not *mental* things? Why could not the principles of chemistry be used to produce *success in any shape, form or degree that we want it?*

Why not, indeed? If we want water, we mix hydrogen and oxygen. That is a *definite formula* that always produces water. If we want to obtain the color green, we mix yellow and blue. And so on. There are *definite, sure-working formulas* to produce material objects we want. Why could not the same principle be applied to, say, getting $500 quickly, or a better job, or quick advancement, or improved health, or wider opportunities — or *anything that human beings want or desire?*

The "Magic" Success Formula!



With this startling idea he went to work. His studies and investigations took him through the whole realm of science. He experimented on himself. Then on friends and acquaintances. Finally, by combining certain principles of chemistry, physics and psychology, he developed a *formula* that enabled him to *produce success with ease*—to take the hopes, desires and ambitions of men and women and speedily *make them come true!*

To test the formula thoroughly he obtained contact with thousands of men and women through the lecture platform. He gave the formula to them. Results were startling! Then he explained it by mail—to people the world over—with the same remarkable results. People told—and *proved*—the most surprising things. Hopes and ambitions quickly turned into realities. Definite sums of money brought to them. Promotion—better jobs with higher pay—quickly obtained. Incomes increased. New opportunities continually offered to them. Health improved. Troubles banished. New abilities and talents quickly developed. And people of all ages quickly lifted up from drudgery into an expanding, thrilling, joyous life of abounding happiness and wealth.

That is what this great discovery *has* done and *is* doing for thousands of men and women the world over. That is what it will do for *you*. Think what it means to you! Think of the great *power of achievement* it puts in your hands! For *now* you can control your fate—can build the ideal life and career you wish—can *get the good things you want.*

It's simply a question of going at it in the *right* way—of using the *right formula.* And the most surprising thing about it is that *all the good things of life* can be obtained by using *one simple formula.*

Simply apply this formula and you immediately get the most surprising results. *You get what you want!* You don't have to work a bit harder; you can take it easier, in fact. No new studies, no denials, no effort. You simply go on as you have always done. *The formula does the work and produces the results for you!*

FREE If You Send *NOW*!

The whole story of the discovery of this wonder-working formula by Leland Wells Pollock, A. B., L. L. B., Harvard-trained lawyer, is told in two startling manuscripts entitled, "The Great Discovery," and "The Secret of Life". They are yours for the asking—free of charge or obligation. Simply fill in and mail the coupon. This remarkable formula has worked wonders—brought bounteous success and tremendously increased happiness—to thousands of men and women the world around. *It will do the same for you.*

As the present limited edition of these remarkable manuscripts is going fast, it is suggested that, to be sure of getting your copies, you mail the coupon NOW.



The Self-Improvement League of America, Suite 226
75 Westland Avenue, Boston, Mass.

Take It — It's *Yours*!

The Self-Improvement League of America, Suite 226
75 Westland Avenue, Boston, Mass.

Please send me your two manuscripts, "The Great Discovery," and "The Secret of Life." This to be FREE of charge or obligation to me.

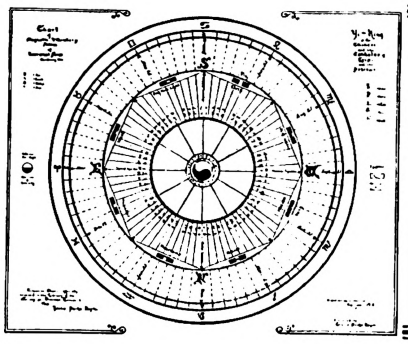
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WHO CHOSE YOUR NAME FOR YOU

Are you satisfied with the EXPERIENCES your name has brought to you, or does your most earnest effort meet with failure?

Have you failed in business; have you failed in marriage; have you formed "inharmonious" partnerships; have you ever wondered WHY some experiences persistently follow some people and pass others by? Do you believe that one should "patiently accept" such conditions, or should they strive to overcome them with all the knowledge that is at hand?

Your name discloses the nature of the experience that WILL come to you, year by year. Every letter of your name has its proper position in the Signs of the Zodiac and your experiences are produced according to the vibratory action of the letters in each Sign of the Zodiac.

An analysis of your "table of letters" for the present year will be valuable to you. Send full name at birth, present signature, day, month and year of birth, and $2.00. Also state age at which changes in name occurred.

ELYSIA O. TREVETT, 1428 Farwell Ave., Chicago

Snowball .....*Bound*
Snowdrop .....*Hope*
Sorrel .....*Affection*
Sorrel, Wild.....*Wit ill-timed*
Sorrel, Wood.....*Joy*
Southernwood .....*Jest. Bantering*
Spanish Jasmine....*Sensuality*
Spearmint .....*Warmth of sentiment*
Speedwell .....*Female fidelity*
Speedwell, German-der .....*Facility*
Speedwell, Spiked...*Semblance*
Spider Ophrys.....*Adroitness*
Spiderwort .....*Esteem not love*
Spiked Willow Herb*Pretension*
Spindle Tree.....*Your charms are engraven on my heart*
Star of Bethlehem..*Purity*
Starwort .....*After-thought*
Starwort, American.*Cheerfulness in old age*
Stephanotis .....*Will you accompany me to the East?*
St. John's Wort....*Superstition*
Stock .....*Lasting beauty*
Stock, Ten-week....*Promptness*
Stonecrop .....*Tranquility*
Straw (broken).....*Rupture of a contract*
Straw (whole).....*Union*
Strawberry Blossoms*Foresight*
Strawberry Tree....*Esteem, not love*
Sultan, Lilac.....*I forgive you*
Sultan, White.....*Sweetness*
Sultan, Yellow.....*Contempt*
Sumach, Venice....*Splendor*
Sunflower, Dwarf...*Adoration*
Sunflower, Tall.....*Haughtiness. False riches*
Swallow-wort .....*Cure for heartache*
Sweet Basil.....*Good wishes*
Sweetbriar, Amer...*Simplicity*
Sweetbrier, Europ..*I wound to heal*
Sweetbrier, Yellow..*Decrease of love*
Sweet Pea.....*Delicate pleasures*
Sweet Sultan.....*Felicity*
Sweet William.....*Gallantry. Dexterity*
Sycamore .....*Curiosity*
Syringa .....*Memory. Fraternal sympathy*
Syringa, Carolina...*Disappointment*

T

Tamarisk .....*Crime*
Tansy, Wild.....*I declare war against you*
Teasel .....*Misanthropy*
Tendrils of Climb-ing Plants.....*Ties*
Thistle, Common...*Austerity. Independence*
Thistle, Fuller's.....*Misanthropy*
Thistle, Scotch.....*Retaliation*
Thorn Apple.....*Deceitful charms*
Thorn, Branch of...*Severity*
Thrift .....*Sympathy*
Throatwort .....*Neglected beauty*



If you want to read Character

WE ADVISE YOU TO READ THE BOOKS BELOW:

The Laws of Scientific Hand Reading, by Wm. G. Benham.....$5.00

Mr. Benham's book is a wonder. By studying thousands of hands and tracing the careers of their owners—the famous and obscure, the successful and the unfortunate, the virtuous and the base—he has multiplied the proofs and then unerringly formulated the exact laws of nature as written on human palms. The beauty, fulness, and knowledge of this book with its 800 illustrations from life, make it the final and best authority on what should now become a popular and fascinating science. Large size.

Cheiro's Language of the Hand, by Cheiro.....$5.00

Large sized book with over 200 pages, and the clearest illustrations yet seen on the hands of famous people. It is of Cheiro that Mark Twain said, "Cheiro has exposed my character to me with humiliating accuracy. I ought not to confess this accuracy, still I am moved to do it."

Mrs. Frank Leslie says, "Your palm reading is so startlingly true that your possession of this mysterious skill or faculty might well inspire fear, were it accompanied by less of perfect trust and discretion."

The Duke of Newcastle says, "Cheiro has told my past and immediate future with wonderful accuracy, especially with regard to certain coming events which he could not possibly have known."

The New York World says, "Without knowing either the names or the positions in life of any of the people, and without asking a question or any beating about the bush, Cheiro read from impressions of hands on paper the life and characteristics of each person with the most wonderful accuracy."

The Study of Palmistry, by Comte C. De St. Germain.....$4.00

The last word on hand analysis. Never in the history of publishing has such a value in illustrations and pages been given to the world. There are 1,254 illustrations. This course is for the teacher and the advanced student. Do not send for this book unless you are in earnest. Its 400 pages are a complete library on this subject, and you are buying the books of the world on the hand, when you buy this single one. Large size.

Characterology, by L. Hamilton McCormick.....$5.00

Mr. McCormick has spared no money in gathering the greatest collection of photographs from all over the world on the subject of character reading. This book is approximately the size of the large dictionary in height and width. It is printed on the most beautiful enamel paper obtainable, and is invaluable to the man who seeks to put each man in his place in the business world. It is the newest book published on this great subject, and Mr. McCormick is not afraid to go on different roads than other authorities to sleuth down the character of men and women.

Phrenology, by Spurzheim $4.00

Who has not heard and read of the great Spurzheim, and how he popularized and made practical the "high brow" literature of Gall, the father of phrenology? This superb book, with its 459 pages, should be in the library of everyone who consecrates his life to that great cause, character analysis and vocational guidance.

The Science of Character, by Wm. Windsor.....$5.00

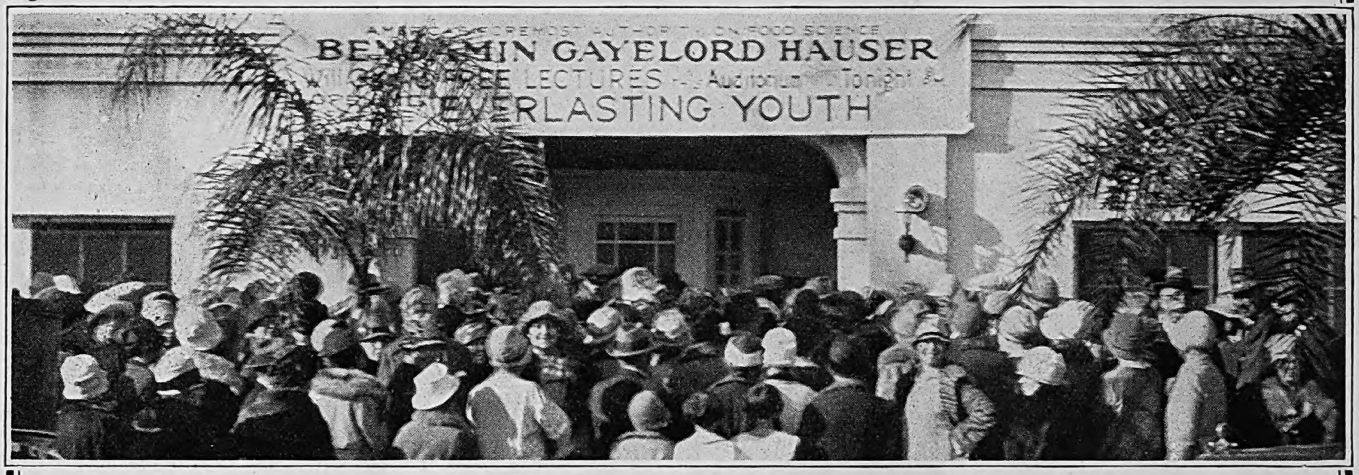
592 pictures, 600 large pages, printed on the finest enamel paper. Here is a gold mine for the student of character analysis. You will take Wm. Windsor with you through life in his fascinating outlook on humanity. He has the marvelous talent of bringing deep scientific truths to us in simple, musical phrases.

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820 TOWER COURT CHICAGO

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THOUSANDS ARE WAITING EVERYWHERE!



EAGER TO HEAR AMERICA'S YOUNGEST AND MOST SUCCESSFUL TEACHER AND LECTURER ON THE MOST VITAL SUBJECTS OF TODAY—

"BODY PURIFICATION" *"BODY BUILDING"* *"NATURAL REJUVENATION"*

BENGAMIN GAYELORD HAUSER, the internationally famous young Viennese Food Scientist is changing the lives of thousands of people all over the country. All those who have had the opportunity of hearing him give his famous series of lectures on "Glorious, Radiant Health," "Everlasting Youth" and "Building a New Body," pronounce him the teacher with the most vital message of the age. The above picture taken recently in St. Petersburg, Fla., is typical of the reception accorded to Dr. Hauser during his sensational southern tour.

DR. HAUSER'S PRIVATE CLASS LESSONS IN PRINTED FORM ARE NOW OFFERED TO READERS OF THIS MAGAZINE AT A SPECIAL REDUCED RATE FOR THE NEXT SIXTY DAYS ONLY

THE ORIGINAL "ELIMINATIVE FEEDING SYSTEM"

Once and forever you will know how to cleanse and purify every cell in your body by eating all you want of the radiant, cleansing, purifying and eliminative foods. Within seven days this chemical combination of the highest life giving foods will purify your blood stream in a way no other system has been able to do. This is not a fasting system. The more you eat the better. There is no danger of ill effects as in fasting and other strenuous methods. Eliminate for seven days and know what it means to have a clean blood stream flowing thru every cell in your body. NO DISEASE CAN EXIST IN A CHEMICALIZED BLOOD STREAM. **Special price $3.00.**

THE MASTER "BODY BUILDING SYSTEM"

Build a new body with nature's best building foods. The Master Body Building System is as simple as A B C. It teaches you how to feed the brain, glands and nerves as well as the other tissue masses. This book contains a complete condensed course in Food Chemistry with chapters devoted to such vital elements as Iodine, the beautifier, Potassium the female element and Sodium the male element. There are menus for breakfasts, luncheons and dinners. Study the chemistry of your body, eat living foods and build the kind of body you want. **Special price $3.00.**

"THE NEW HEALTH COOKERY"

(Just off the press)

The first of its kind. Teaching you the new way of preparing vegetables, healthful meats and meat substitutes, delicious new health salads and sandwiches, 100% whole wheat bread, waffles, pie crusts, cookies, etc. There are hundreds of delicious and healthful combinations of nature's finest foods. Follow The New Health Cookery for thirty days and note the results in the increased health, and pep in your family. **Special price $3.00.**

THE NEW SCHOOL PUBLISHERS, 820 N. Michigan Blvd., CHICAGO

Physicians, Teachers and Lecturers of All Schools Will Have the Opportunity of Studying Under Dr. Hauser at the Annual Teachers' Training Course of the New School Which Will Be Held in Chicago During July. Write for TTC Folder.

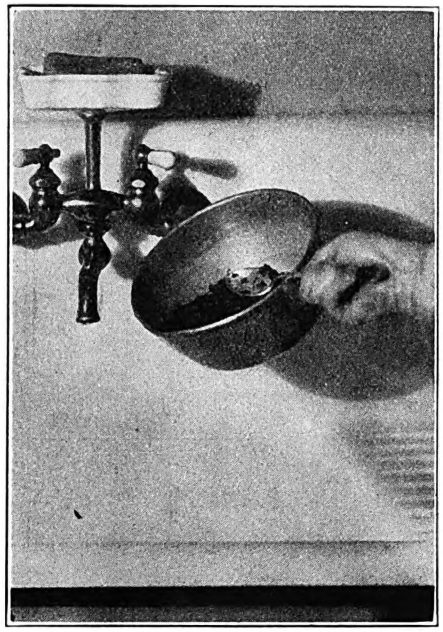
Thyme ..... *Activity or Courage*
Tiger Flower..... *For once my pride befriend me*
Traveller's Joy..... *Safety*
Tree of Life..... *Old age*
Trefoil ..... *Revenge*
Tremella Nestoc.... *Resistance*
Trillium Pictum.... *Modest beauty*
Triptilion Spinosum. *Be prudent*
Truffle ..... *Surprise*
Trumpet Flower.... *Fame*
Tuberose ..... *Dangerous pleasures*
Tulip, Red..... *Declaration of love*
Tulip, Variegated... *Beautiful eyes*
Tulip, Yellow..... *Hopeless love*
Turnip ..... *Charity*
Tussilage, Sweet-scented ..... *Justice shall be done you*

V

Valerian ..... *An accommodating disposition*
Valerian, Greek..... *Rupture*
Venice Sumach..... *Intellectual excellence. Splendor*
Venus's Car..... *Fly with me*
Venus's Looking-glass ..... *Flattery*
Venus's Trap..... *Deceit*
Verbena, Pink..... *Family union*
Verbena, Scarlet.... *Unite against evil, or Church unity*
Verbena, White.... *Pray for me*
Vernal Grass..... *Poor, but happy*
Veronica ..... *Fidelity*
Veronica Speciosa.. *Keep this for my sake*
Vervain ..... *Enchantment*
Vine ..... *Intoxication*

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The Best Fed Mouth in America



What is the best fed mouth in America?

The Kitchen Sink.

Down into its throat which does not need it, go precious minerals. Precious vitality, priceless power, and immunity against sickness are deliberately thrown away into its dark recesses.

The throats which need these precious minerals are YOUR throats, YOUR children, YOUR loved ones, YOUR own throat.

Save these diamonds and jewels in the foods you buy. Regard the vitamin, the chemical element, the mineral in your food as your most valued possession. If you do not already, wait until you get sick, and see the enormous loss you heap upon yourself and others.

THE NEW VITAMINE KITCHEN CHART
feeds YOU and not the sink.

A BOOK THAT HANGS ON YOUR WALL

A new edition now ready. Just off the press. Bigger than ever.

EVERYTHING YOU NEED TO KNOW ABOUT FOODS.
Right Before You on the Wall!

The New Vitamine kitchen chart is the most complete "hanging book" on the market. Instantly it gives you the food values of all foods. It tells you just how much of calcium, phosphorus or iron, etc., is in the food you are preparing. It is a complete quantitative chemical chart, the only one to be procured today.

It tells you also, the particular vitamine in the food you are preparing.

Then it goes further and tells you the ideal food combinations.

It gives ideal menus for each member of the family, each day in the week.

And still this chart goes on to describe the members of your family, and the foods they should eat if they belong to certain pronounced chemical temperaments.

This wonderful chart is an encyclopedia all boiled down to four large sheets to hang on your wall. When you buy it you are buying $50 worth of books and you are saving ten years of study. The scientist who compiled the remarkable information on the chart has spent twenty years in chemistry.

$3.00 brings the chart to you for your perpetual reference.

Charts for sale at

THE VITAMINE FARM

GENEVA, ILL.

(*Continued from page 7*)

festation. It is positive, forceful, self confident, and aggressive; inclined to faith and optimism; fond of good living, sport, exercise, company, and adventure; always ready for what is new, and never afraid to face hazards and take the chances of life and circumstances.

The faults are such as spring from too robust, vigorous, and exuberant life, such as extravagance and all sorts of excess, recklessness, overhopefulness, pride, arrogance, coarse animal spirits, and lack of sympathy for the weak.

Without fire the native tends to lack enthusiasm, spirits and aliveness; he becomes matter of fact, humdrum and overserious.

Water Signs

The Water Signs are Cancer, Scorpio and Pisces. They are the opposite of Fire, and show the shrinking, fearful, self-protective instinct, without which Fire would cause life, whether in man or beast, to exhaust itself with sheer extravagance of vigor, or destroy itself through lack of prudence and excess of confidence.

The virtues of Water are, therefore, prudence and foresight, sympathy and the desire to shield and protect, whilst its failings are such as arise from timidity, such as suspicion, fearfulness, distrust of self and others. Scorpio, being ruled by Mars, shows the timidity least; nevertheless, though physically courageous if put to the test, it inclines to suspiciousness and self-repression. All the Water Signs are sensitive and tend to keep themselves and their feelings to themselves, while Fire is always self-expressive.

It will be seen that a horoscopic clash between Fire and Water denotes much inharmony, the two elements rending the native's nature asunder in the attempt to express on the one hand and repress on the other.

Fire and Water are largely primitive and instinctive, having to do with our spontaneous emotions and impulses rather than with deliberately planned ideas. Earth and Air are mental and purposive, the one being the executant, the other the designer.

Air is intellectual, refined, thoughtful, and devoted to the arts and sciences, especially from the more abstract and theoretical point of view. Its virtues lie in its idealism and desire for truth. It is cooperative, unitive, and harmonious in action, and is perhaps best seen in the domain of pure intellect. By itself it tends to become divorced from the real and practical, and to spend its time in daydreaming; it works with ideas rather than concrete objects, and, in the case of the less evolved, merely gives some artistic taste without either energy or ability to make use of it. When the practical part of the horoscope is also well developed there is considerable power for both planning and carrying out great works, and

(*Continued on page 31*)

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YOU ARE ONE WITH THE TIDES OF LIFE

Your Chemistry and Your Date of Birth. Find Out Your Deficient Cell-Salt



You are a part of the chemistry of heaven and earth.

Your body is a miniature world, just as the single drop of water is the ocean itself, and the ocean is also the single drop of water in its chemical analysis.

You **ARE** the UNIVERSE, and the UNIVERSE is YOU. Each sign of the Zodiac is represented by the twelve functions of the body, and the position of the Sun at birth. Your time of birth governs the cell salts of the body.

The constituent parts of man's body are perfect principles, namely: oxygen, hydrogen, carbon, lime, iron; potash, soda, silica, magnesia, etc. A lack of one of these chemicals puts us out of harmony with the great chemical universe, as well as with our own individual universe, and we have disease.

A shadow cannot be removed by chemicals, neither can disease be removed by poison. *There is nothing to be removed, but a deficiency o be supplied.* Symptoms disappear when the food called for is furnished.

The human body is a receptacle for a storage battery, and will always run right while the chemicals are present in proper quantity. The cell salts are found in all our foods, and are thus carried into the blood, where they carry on the process of life. When a deficiency occurs in any of these cell salts, through disobeying the laws of the healthy universe, dematerialization of the body commences. So disease is a deficiency in some of the chemical constituents that carry on the chemistry of life, and not an entity in itself.

What Is YOUR Deficient Cell Salt?

Your day of birth reveals this.

Biochemistry shows that food does not form blood, but simply furnishes the mineral base by setting free the inorganic or cell salts contained in all food stuff. A sufficient amount of the cell salts of the body, properly combined and taken as food—not simply to cure some ache, pain or exudation, forms blood that materializes in healthy fluids, flesh and bone tissue. We should take the tissue salts as one takes health foods, not simply to change ill health to health, but to keep the rate of blood vibration in the tone of health ALL THE TIME.

The Proof of This Great Chemistry of Heaven and Earth and Yourself Lies in Supplying These Salts to Yourself, and Noting the Results

The finest laboratories of the United States have supplied these cell salts in a high potency form for your use. They may be carried in purse or pocket, for use during the day, and they interfere in no way with special diets. They aid the cells to utilize, however, the organic minerals which the body needs, and which are to be found in foods.

Blood Is Life

Your "disease" does not matter. Pure blood is Life. Impure blood is slow death and the obscure pain and the vague symptoms which you attribute to many other things will disappear when your blood is perfect in its chemistry.

Send Today for Your Own Cell Salt and Your Own Analysis.

Personal analysis of deficient cell salt is free with order of cell salts. 350 high potency tablets....$2.00

SCHOOL OF BIOCHEMISTRY (Correspondence), 215 E. Chestnut St., Chicago.

I enclose $2.00 for 350 cell salts for my own type.

My birthdate is.....Place of birth is.....

My weight is....My Height is....Occupation.....

Name .....

Address ..... Street.....

City .....

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Three Hands From A Single Family

Yet They Cannot Eat Alike.

The Foods which one hand reaches for with joy make the other ill.

Each member of the family is a chemical law unto himself. Because his chemistry is different, his talents, his character, and his digestion is different, his ailments are different also.

In one hand the Potassium element is abundant, and that man needs his own kinds of foods if he expects to be a really healthy and successful man. In another hand there is too much Carbon, and not enough Calcium. She is very stout, because she is HUNGRY—not overfed. She lacks the food elements which balance weight. Another hand has a great abundance of calcium, and lacks sodium. He needs an abundance of certain other elements to keep him free from grouches, old age, and indigestion.

WHICH TYPE ARE *YOU*?

WHICH DO *YOU* NEED?

You Are Entitled To Find Out Free!

How-To-Eat magazine has arranged to give you an analysis of your chemical temperament, with a course in the chemistry of food, and a diet for your individual type. Our new subscribers are entitled to this, for health insurance, with a year's subscription to "How-To-Eat" magazine.

LEARN THESE CHEMICAL SECRETS ABOUT YOURSELF

You Can Eat Your Psychology and Success.

CARBON FOODS—Excess carbon destroys mental alertness, memory and ambition. Also will. Increases weight.

OXYGEN FOODS—Oxygen makes for activity, health, success.

NITROGEN FOODS — Nitrogen gives poise, cool skin, heavy solid flesh, dark pigments to skin and hair and eyes.

HYDROGEN FOODS — Hydrogen, the vehicle of the blood. Too much causes watery flesh, clumsiness, eczema, sterility.

POTASSIUM FOODS—Potassium heals, balances, gives activity, good looks and versatility.

SODIUM FOODS—Sodium is nature's cleanser, alkalinizer. Gives grace, energy and health. Send 25c for list of sodium foods.

CALCIUM FOODS — Calcium builds bones and teeth. Gives firmness and will, steady work and science, as well as good blood supply.

FLUORIN FOODS — Fluorin is the great protector of the body against certain dread diseases. Gives genius to the brain.

SILICON FOODS—Silicon is the optimistic chemical. Keeps nails and teeth polished, the body lithe and graceful, and prevents tuberculosis.

IODINE FOODS—Iodine protects the brain from body toxins. Leave out iodine from your diet and you are not normal mentally or physically.

MANGANESE FOODS—The hysterical, neurotic patient is not a fraud. She is starved for manganese, the element which coordinates our thoughts.

PHOSPHOROUS FOODS—Phosphorous nourishes brain and nerves. When we are doing mental work we exhaust our phosphorous supply, and fatigue, nervous breakdowns follow.

SULPHUR FOODS—Sulphur gives life, progress, tone to the soul. Too much is dangerous. Learn how to eat the sulphur foods and you gain their benefits. Eat them in the wrong way and you become food poisoned.

IRON FOODS—Iron is the most important chemical in the body. Inorganic iron in drug form irritates heart and kidneys. Organic iron in food feeds them, gives ambition, energy, and vitality.

MAGNESIUM FOODS — Magnesium cools and alkalinizes the nervous system, and promotes sleep at night and life in the day time.

CHLORIN FOODS — Chlorin is the cleanser of the body, expelling waste material.

All of these chemical elements have many more functions than space allows for their description. You need them all if you wish to be alive. Sickness is a LACK of some one, two or three of them in their proper proportion.

JUST WHICH CHEMICALS YOU lack can be told from front and side view postal card photos. (Send sample of hair.)

HOW TO EAT MAGAZINE,
Ill. Women's Athletic Club Bldg., Chicago.

I want to know which chemicals I have in too great abundance, and which I lack. I also wish a diet for my particular chemical temperament. I am enclosing photographs, sample of hair, and the following facts about myself, with $3.00, which covers a yearly subscription to How to Eat magazine, published monthly.

Name..... Address..... Weight..... Height.....

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The Bread of Magic and Delight!

You've never tasted real bread before, because you've never had a chance! Before your flour reached you, someone stole the calcium from it which gives you endurance. Someone robbed it of the fluorin which gives you glossy hair.

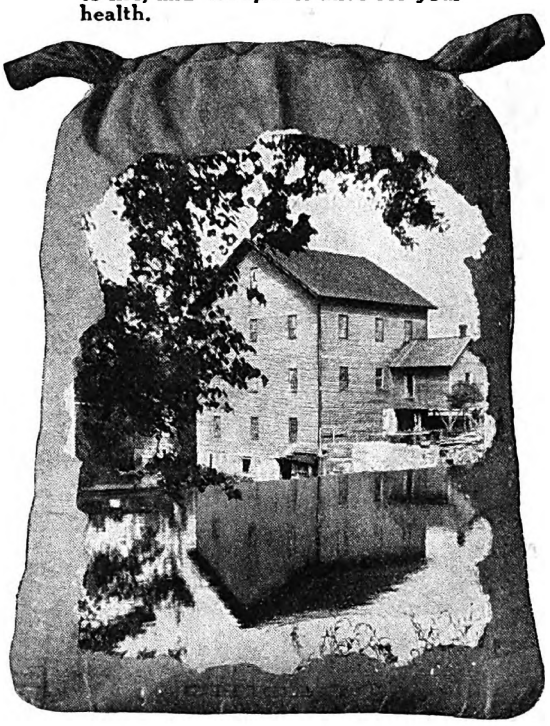
Someone rifled your bread of the potassium which heals. Someone robbed it of its iodine which keeps your sanity and poise. Someone took away its magnesium and manganese which keeps you clear headed and sweet tempered. Someone deliberately stole your clear eye-sight by taking away the silicon in your bread, and looted the phosphorus and iron which keep you attractive and magnetic.

Who Stole These Things From You?

Do not demand that the miller be your undertaker by sending flour to you without its spirit, and mineral elements. Do not demand that your miller deliver to you a fine, white rat paste in the shape of white flour. Dead, dead, corpselike white flour whose spirit has been taken away!

This is the mill which restores the spirit to your bread.

This is the mill which gives you back your silicon, your fluorin, your calcium, potassium and phosphorus. This is the mill which brings wheat to life, and *keeps* it alive for your health.



A DELICIOUS NUT FLAVOR AND TEXTURE YOU'VE NEVER TASTED BEFORE

Stone ground wheat is as different from imitation whole wheat as night from day. Its God-given proportions are all maintained, and when you eat it, you will truly be eating the manna from heaven, instead of the corpselike white flour from the refining mill.

WE SHIP DIRECT FROM THE OLD STONE MILL

Delicious cookies, new recipes, with every meal a thrill. With every order for stone ground wheat we send you many recipes for using it to restore health. The wheat can be sent to you regularly every month, or every week, so that it will be alive, and vibrant with magnetic power.

THE OLD STONE MILL OF INDIANA,
Business Headquarters
111 E. Pearson St., Chicago

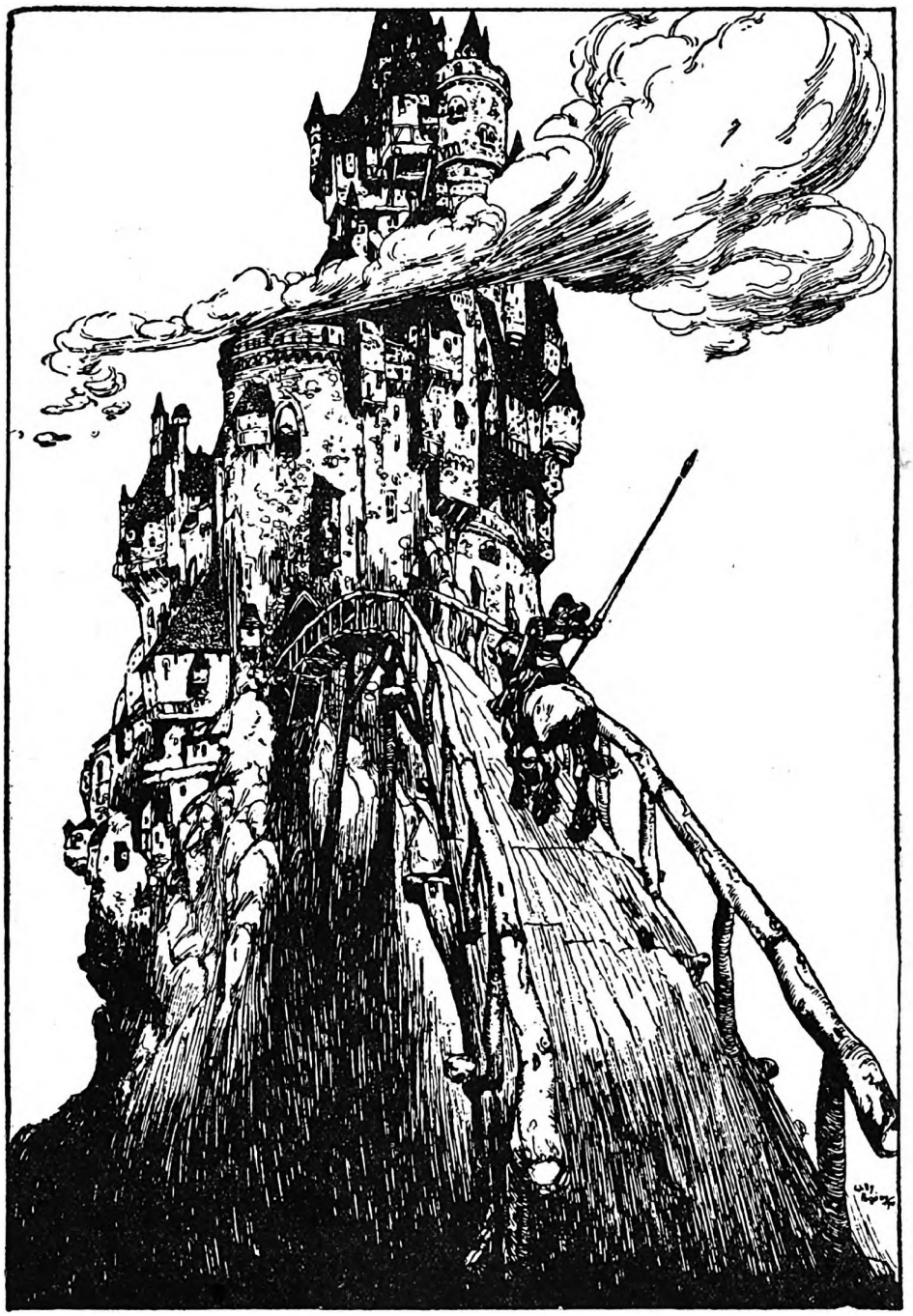
I enclose $1.00 for which please send me five pounds of stone ground wheat with free recipes.

Name .....Address..... City.....

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How to reach Your Castle of Dreams

FOLLOW THE ROAD MARKED "Your Right Work" all the way



Imagine how strange and clumsy you would feel walking around in the other man's shoes, and wearing his clothes, either too small or too large for you! Imagine how long it would take you to reach the heights when you take hundreds of roads to your Goal, none of which is correctly marked!

When we fail, we are wearing the other man's clothes, and following the wrong road to our Castle of Success.

Your Right Work is the paved highway to the Bank of Finance.

Your Right Work is the smooth concrete road to the Country Club of Happiness, and it is lighted all the way with lights of mental joy.

YOU NEED NEVER WORK AGAIN when you find Your Right Work! For Your Right Work is a blessing—not a drudge and a worry.

Do not imagine that you are unimportant!

When you are in your wrong work you affect adversely everyone about you, and hundreds away from you. When you are in your right work you may help the entire world! You are the most important thing in the world therefor, and to find your place in the scheme of things is the most sacred step in your life. Your friends are not always competent to advise you, even if they cared to help or to hurt you by telling you the truth. They are too close to gain a perspective of your vocational talents, and their advice is clouded with emotion and little personalities.

(*Read Carefully*)

The Vocational Library sees your goal. In telling you this goal, we may hurt you, but we will *help* you. We tell you without fear, the roads you must take to find Your Right Work. We tell you what you have to clear away before you can find this road, and what you have to learn. You may be suffering for comfort and encouragement. You may have more ability than you know. This we tell you also. We want the FACTS about you. We are not fortune tellers. Our analyses are based on facts, and vocational analyses cannot be trifled with. Analyses are made by biochemistry, by phrenology, by graphology, by astrology, and by numerology. We require a photograph, preferably an inexpensive postal card size of face and clothed figure—2 if possible. We require your name as given at birth, your place of birth, your hour of birth, your address, age, height, weight, present occupation, nationality, color of eyes, complexion color, length of index finger, past vocations, past studies, state of health, present income, and your chief recreation. Give us a report of your sleep, your exercise, your diet, and past illnesses. State whether you have any teeth with dead nerves. Number your answers so that they may be clearly read.

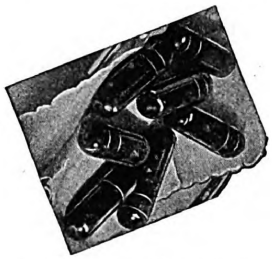
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Enclose $5.00, with your photograph and life facts and send as promptly as possible. Analyses are made in the order of their receipt, by the library. Mail to

VOCATIONAL LIBRARY - 820 Tower Court - CHICAGO

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The Personality Food



IODINE

Such a little thing, is Personality. And yet how much depends on it.

And such a little thing is IODINE, in the body, yet the performance of brain and body depend on iodine.

Wrinkled skin around the eyes, sunken, pale cheeks tell the story of iodine hunger. Lack of ambition and enthusiasm, great fatigue in the morning, over-excitability at other times, worrying about very inconsequential things, over-conscientiousness at some times and forgetfulness at others—these are a few of the symptoms of lack of iodine.

This important personality chemical gives zest to life, and beauty to the complexion, and confidence to the mind. Iodine takes care of those body toxins which affect the brain and its efficiency, and a lack of iodine in our diets means a polluted blood stream.

For your convenience we are putting up two packages only to each person, iodine sea lettuce in delightful little capsules.

These should be ordered in advance, and if you are wise you will order 2 boxes at once, because the fine grade of sea lettuce which goes into these capsules is hard to obtain.

1 box, containing 50 capsules, $1.00

Health Information Bureau
365 W. Madison St. Chicago

CARRY YOUR MAGNETISM in Your Vest Pocket

Imagine the power you would carry with you in a half ounce of radium in your vest pocket.

THE SELF CONFIDENCE BOOKS

are like radium. They fit your vest pocket and their power is beyond calculation, though their size is small.

You can lean on these powerful little books when your self confidence is low, and when belief in yourself wanes. They develop in daily messages to you that great power which enables you to increase your finances, and your happy relations with others.

3 books for $1.00 will pay you 1000% interest on your investment in yourself.

Self Confidence Fellowship
18 E. Elm St. Chicago

Violet, Blue.....*Faithfulness*
Violet, Dame.....*Watchfulness*
Violet, Sweet.....*Modesty*
Violet, Yellow.....*Rural happiness*
Virginia Creeper....*I cling to you both in sunshine and shade*
Virgin's Bower.....*Filial love*
Viscaria Oculata....*Will you dance with me?*
Volkamenia .....*May you be happy*

W

Walnut .....*Intellect. Stratagem*
Wallflower .....*Fidelity in adversity*
Watcher by the Wayside .....*Never despair*
Water-Lily .....*Purity of heart*
Water-Melon .....*Bulkiness*
Wax Plant .....*Susceptibility*
Wheat Stalk .....*Riches*
Whin .....*Anger*
White Flytrap.....*Deceit*
White Jasmine.....*Amiableness*
White Lily.....*Purity and modesty*
White Mullein.....*Good-nature*
White Oak.....*Independence*
White Pink.....*Talent*
White Poplar.....*Time*
White Rose (dried).*Death preferable to loss of innocence*
Whortleberry .....*Treason*
Willow, Creeping...*Love forsaken*
Willow, Water.....*Freedom*
Willow, Weeping...*Mourning*
Willow Herb.....*Pretension*
Willow, French.....*Bravery and humanity*
Winter Cherry.....*Deception*
Wisteria .....*Welcome, fair stranger*
Witch Hazel.....*A spell*
Woodbine .....*Fraternal love*
Wood Sorrel.....*Joy. Maternal tenderness*
Wormwood .....*Absence*

X

Xanthium .....*Rudeness. Pertinacity*
Xeranthemum .....*Cheerfulness under adversity*

(*Continued from page 26*)

we get the practical engineer, designer, architect and social and religious idealist.

Earth represents the brain applied to material ends, and is the craftsman, builder, and practical scientist. It may be said that civilization, in its material aspects, is entirely the work of this Element, which has raised us from the animal to the mastery of the physical world. The same lack of idealism and respect for the abstract and spiritual sides of life that we note in modern civilization are the faults of Earth, when unredeemed by Air. It becomes materialistic, sordid, commonplace, utilitarian in a narrow sense, and a slave to routine, law and order. It is a limiting Element, and those who are largely composed, astrologically, of Earth tend to be dry, matter-of-fact, and circumscribed in their outlook. On the other hand, lack of Earth produces inability to bring forth tangible and useful results.

How to Get Rid of



DAVID V. BUSH

Stomach Trouble, Constipation, Headache, Indigestion and scores of kindred ailments.

Don't let ill health keep you from enjoying life! Already thousands of men and women all over the country have regained new health, strength, energy, vitality and high efficiency through the help of Dr. Bush, the world-famous authority on right living. His remarkable, scientific method goes direct to the root of the trouble and removes its cause.

Wrong eating—wrong selection of food—wrong combinations which throw the meal out of balance are responsible for nine-tenths of all sickness. Such ailments as stomach acidity, torpid liver, constipation, headache, indigestion, stomach ulcer, rheumatism, are all due to wrong eating. And these ailments are merely the forerunners of more dangerous diseases and the final breakdown of the whole system.

Only 25c

"What To Eat," a vitally important book on this absorbing subject, has just been published by Dr. Bush, who has spent years in the study of foods. This remarkable book fully explains the principles of correct eating. It tells how to combine and balance foods so that they contain the exact proportion of the elements which your body needs to keep it healthy and strong. Besides, a family of five can save $250 a year in the purchase of food stuffs.

"What To Eat" will add golden years to your life. It will make you vigorous, vital, overflowing with health —yet its cost is only 25c! Send for it TODAY! It will prove a revelation to you. Enclose 25 cents (stamps or coin). **Address David V. Bush, Publisher, Dpt. W-0854, 225 N. Michigan Blvd., Chicago, Ill.**

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A MAGIC TALISMAN
from the
COUNCIL OF SEVEN
for Health, Happiness or Success

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NO MONEY REQUIRED

State your problem in detail, and enclose 17c for first class registered mail, or 6c for complete details and preliminary instruction.

J. C. CAKE, Field Secretary, West Creek, N. J.

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Noted Minneapolis Astrologer,
GUSTAVE W. EKSTROM, D. A., F.A.S.
Sec. American Astrological Society
Planetary indications at BIRTH with outlook for two years, $5.00.
Answer three questions.
Detail, Birth Charts and Forecasts.
Terms Upon Request.
Students' Supplies and Lessons.
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For $5.00, Numerology, Astrology and Chemical Type

get a REAL ANALYSIS of yourself, your talents, and what the future holds. Send name given at birth, present name, and nickname; birth date, year, and photo.

CELENA DES JARDIN
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YOU SHOULD KNOW YOUR NUMERAL ANALYSIS

Send your full baptismal name, day, month, year born, marriage name and mother's maiden name with two dollars and receive your personal number chart and general analysis showing your natural vocation, success and hidden talents.

KIRT D'NAL
247 Parkside Ave. Buffalo, N. Y.

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... The Art of Bathing ...

One Woman's Bath Is Another Woman's Ill-Health



Bathing Is As Individual An Affair As Diet

The daily bath is medicine to some people.

But to others the daily bath with water is a quick road to ill health. Some types thrive on salt rubs. Others are injured by them.

Some people need cold baths. Others might just as well go to the electric chair as to take cold baths.

Electric baths are some people's medicine, and sulphur baths others.

And there are types—chemical types of people who thrive and stay cleaner on a bath of water only once in two weeks. Aching joints, feverish, irritable moods, loss of skin oils, and many complications come from wrong bathing. Bath rules for one individual do not apply to another, for bathing is a great personal art. Bathing is in reality a chemical thing, and should be regulated by the laws of chemistry. Sodium types of people suffer from a daily water bath, because of the affinity of hydrogen for sodium, which robs them of the sodium which they need. Their aching joints soon make themselves known.

Massage, too, is highly beneficial to some people, and not to others.

Bathing is just as important as diet to perfect health.

Your chemical type is the key to your bathing rules.

There is a way for everyone to have his daily bath, even though many types should not make these baths of water. Pleasant, invigorating, and cleansing are all the bath instructions for every type.

Instructions include the amount of water each type should take during the day, per month, the individual chemical type, the individual bathing details to fit the chemical type, and the reasons why such bathing should be followed. Many, many types have found their key to health by following these fundamental laws of the use of water, both inwardly and outwardly.

Hana Olson Burr, hydrotherapist, has made a study for many years, of types of people, and their reactions to water over long periods. In our solarium in Sweden we gathered the information on bathing, at a cost of many thousands of dollars. It is given to you at a nominal price, with a personal analysis of your type. We require a snapshot of your clothed figure for this, or an answering of the questionnaire below. Also a sample of the hair.

HANA OLSON BURR, Desplaines, Illinois.

I enclose $2.00 for a personal analysis of my type in regard to bathing and the drinking of water.

My full name is .....**My age is**.....**Weight**.....

Height..... **Color of hair**.....**Color of eyes**.....

Skin coloring .....**Nails curved or flat**.....

Appetite good or bad.....**Size of shoe**..... **Size of glove**.....

How often do you bathe at present?.....**Warm or cold baths?**.....

Do cold baths depress or stimulate you?.....**If you are stout is your weight principally at the shoulders or at the hips?**..... **Do you perspire on mild exercise?**.....

Address ..... **City** .....

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You'd Better Get Yourself a Lock and Key!

Then send for these fifteen books which have a lifetime of joy and study in them.

You would not sell them back to us for many times the amount you pay.

Each book is 25 cents, and one subscriber said:

"I would not sell them for a thousand dollars."

To know men and women and their chemistry is to know life.

No matter what men or women say with their lips, if you know their chemistry, you know THEM. You know what to cherish in them—what to discard—how to help them—how to influence them.

Each book has a lesson on chemical types, as well as lessons on face, head, figure, and handwriting analysis. Astrology, glandular types, numerology, etc., are also covered.

Remember now, you'll need a lock and key, to keep these books safe. Everyone wants them.

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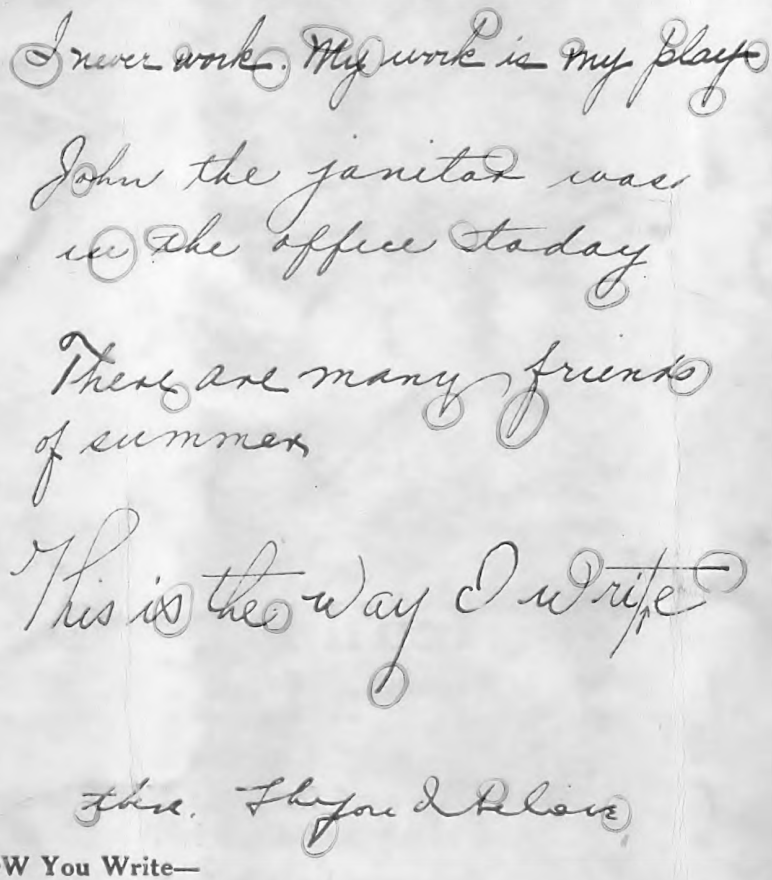
Character Reading Magazine

820 N. Michigan Avenue

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Your writing contains keys that tell your character. Study the chart above and see how simple it is for the Graphologist to determine how your mind is working.

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No matter what you say out loud you still harbor a secret desire—an inborn desire that if once given just an inch of "elbo room" will roar forth. This is your subsconscious thought. The timid suppress their ambitions as though guilty of sin. The courageous express and reap the reward. Which class do you place yourself in? Your scribble will tell.

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I enclose $1.50 for yearly subscription to "Character Reading" magazine. I am also attaching a sample of my writing, written naturally and with no effort to perfect. Send me the chart marked frankly—for my own good. I will agree to make an effort to promote my natural abilities and work away from the fears, habits and thoughts that are actually keeping me from real happiness.

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