

# TOO MUCH ACID



often causes *Gas on Stomach, that "Morning After" Feeling, and F a t i g u e.* Alka-Seltzer, the pleasant, effervescent, alkalizing tablet, tends to counteract Hyper-acidity.

Because Alka - Seltzer contains an analgesic, (Acetyl-salicylate) it relieves Muscular, Neuralgic, Sciatic, Rheumatic and Periodic Pains.

Remember the name.



## Alka-Seltzer

Just put one or two tablets into a glass of water. Drink when fully dissolved. You will enjoy both the taste and the results.

*Get Alka-Seltzer at your Drug Store*

**COLDS**—Alka-Seltzer furnishes, in one sparkling drink, the salicylate-alkaline medication generally conceded to be very effective for Colds.

ALKA-SELTZER is pleasant to take.



## Reducing Diet

### *Be Careful How You Cut Down on Sugars and Starches*

That "a little knowledge is a dangerous thing" is nowhere better exemplified than in the cheerful and care-free way in which the average over-weight person starts to reduce.

It is a matter of common knowledge that eating too many Carbohydrates—sugars and starches—causes us to put on weight. Therefore, reasons the victim of obesity, the best way to reduce is

to cut down on Carbohydrates.

Weight reduction, where overweight is caused by over-eating and lack of exercise, can be accomplished by reducing the intake of food, but fats and oily foods, rather than starches and sugars, should be sacrificed.

If you would be free from the ill effects that often follow a reducing diet, you should eat a pound of Carbohydrates for every pound of flesh you lose.

## ALKA-SELTZER

### *The New Pain Relieving, Alkalizing, Effervescent Tablet*

Alka-Seltzer is so pleasant to take that it seems more like a drink of mineral spring water than a medicine.

It is called Alka-Seltzer because it makes a sparkling alka-

line drink. As it contains an analgesic (acetyl-salicylate), it first relieves the pain of everyday ailments, then by restoring the alkaline balance, corrects the cause when due to excess acid.

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Severe colds confined me to my home with much discomfort, many times during the winter season. These colds persisted in running their course, regardless of the use of various, unpleasant medicines. But they have yielded readily to Alka-Seltzer tablets.

Mrs. Wm. Empke  
Lafayette, Ind.





**Al G. Phillip**

I have long suffered with stomach trouble, gas forming causing sleepless nights and headache in the morning. I tried several different remedies but never got real relief until I tried Alka-Seltzer which seemed to be just the thing I needed to remedy the trouble.

**Albert L. Bahr**

## Enthusiastic Users of **ALKA-SELTZER**

"Alka-Seltzer is a great remedy. Never saw or heard of its equal. After thirty-six hours of extreme suffering from pains throughout my entire body and not a wink of sleep I was advised to take Alka-Seltzer. Fifteen minutes and I was completely relieved of my pains and five minutes more found me sound asleep without disturbance until 10 o'clock the next morning. Never in my life have I found such instant and complete relief from any ailment."

**Al G. Phillip, San Benito, Texas**

Your Alka-Seltzer helps us so much. There is nothing finer on the market. We use it for Headaches, Colds, and pains that I frequently have in my shoulder.

**B. Gundelfinger,  
Los Angeles, California**

I had a very severe headache and a sour stomach. After taking your Alka-Seltzer as directed I got great relief within fifteen minutes. I shall always keep Dr. Miles Alka-Seltzer Tablets in the house.

**Mrs. George Hitchcock, Bismarck, N. D.**

I had headaches, tired feeling, muscular aches and pains and was nervous. I was much surprised at the great relief from these common ailments that I got by taking Alka-Seltzer. I am now free of all of them. I feel like an entirely different person.

**J. P. Giedt, Gackle, N. D.**



**WEIGHT REDUCING MENU****Breakfast**

One orange or one-half grapefruit, very little sugar.

One slice whole wheat or graham bread with one teaspoonful butter.

One boiled egg with one-half teaspoon butter.

**Lunch or Supper**

One baked potato with teaspoon butter.

Two slices graham or whole wheat bread with one teaspoonful butter.

Plenty of fruit or vegetable salad. No oil dressing.

**Dinner**

One portion lean meat.

One graham muffin with one teaspoonful butter or four graham crackers.

Large serving of cabbage raw or cooked.

Fruit. One cup tea or coffee clear.

**Breakfast**

One medium portion cereal with one-fourth cup whole milk and no sugar.

One slice whole wheat or graham toast with one teaspoonful butter.

One baked apple.

One cup coffee or tea, with one-fourth cup hot milk or one glass of milk.

**Lunch or Supper**

One cup vegetable soup.

One thin slice hot or cold roast beef.

One portion fruit salad.

**Dinner**

One large veal chop.

One baked potato with teaspoon butter.

One large portion cooked turnips.

One slice whole wheat or graham bread with one teaspoonful butter.

One small piece of cake or one cookie.

**Breakfast**

One large apple. One graham muffin with one teaspoonful butter.

One glass cold milk or one and one-half glass of skimmed milk.

Coffee or tea with little milk, and not more than one level teaspoon of sugar.

**Lunch or Supper**

One cup of cream of tomato soup.

Two slices of graham bread with two teaspoons of butter. Large portion of cooked turnips or cauliflower.

**Dinner**

One cup of clear soup.

One large or two small meat balls.

One baked potato with teaspoon butter.

One portion of spinach or cooked greens.

One small portion of pudding.

**Breakfast**

One-half grapefruit, a little sugar.

One serving cereal with about one-fourth cup of whole milk. One slice of toast with teaspoon butter.

Three-fourths cup coffee and one-fourth cup hot milk,  $\frac{1}{2}$  teaspoonful of sugar.

**Lunch or Supper**

One meat sandwich, or two slices of bread, and thin slice of meat and no butter.

One large portion of vegetable or fruit salad. One cup cocoa.

**Dinner**

Two lamb chops. One portion of mashed potatoes. Small amount of gravy.

One roll or one slice of bread with teaspoonful butter.

One large portion of salad or cooked vegetables. Grape fruit salad.



I use your Alka - Seltzer whenever I am tired or have headaches or bloat after eating. It is the finest medicine I have ever known—so pleasant and refreshing.

Mrs.

J. Rabenstein  
Lewis, Iowa

I rely on Alka-Seltzer mostly for headache, rheumatic pains and acid stomach. Mrs.

Hazel Johnson



## What Users Say About **ALKA-SELTZER**



Mrs. Carr

I want to say to anyone who suffers from headache or sour stomach, Alka-Seltzer has no equal. Mrs. L. A. Carr, Pine Bluff, Ark.

I want to give your Alka-Seltzer much praise. My wife has been bothered very much with gas and heartburn. She tried Alka-Seltzer and now she won't try anything else. Mr. Clyde Watson, Douglas, Arizona



Mr. Watson

Dr. Miles Alka-Seltzer is fine to take after eating. It is all you say it is and does far more than you put in print. Mrs. W. Phillips, Rutledge, Pa.

Alka-Seltzer Tablets did wonders for me for Colds and that tired feeling. Miss Marie Kozenski, Chicago, Illinois

I would not be without Alka-Seltzer. It is all you claim it is and more too. J. W. Balyeat, Middlebury, Indiana

I have taken different kinds of remedies, but none helped me like Alka-Seltzer. Belle Atwood, Decatur, Illinois

One morning I came to the office with an upset stomach, feeling anything but fit—in my desk was a sample of Alka-Seltzer, which I took. In a short time I was feeling tip-top. Miss Hazel I. Miller, Pittsburgh, Pa.



Mrs. Phillips



Miss Kozenski



Belle Atwood



Mr. Balyeat



Miss Miller



# Which Medicine Do You Need?

Dr. Miles Medicines are scientific preparations compounded from ingredients of recognized merit, made in a thoroughly modern laboratory under the supervision

of competent chemists. They usually relieve those disorders for which they are recommended.

See coupon on page 15.

**Dr. Miles Nervine** (Liquid form) { For Nervousness, Sleeplessness due to Nervousness,  
**Dr. Miles Nervine Tablets** (Effervescent) { Irritability, The Blues, Nervous Headache, Nervous  
Indigestion, Travel Sickness. Large package \$1.00. Small size 25 cents.

**Dr. Miles Anti-Pain Pills**:— For Headache, Neuralgia, Rheumatic, Sciatic, Muscular and Periodic Pains. 25 for 25 cents. 125 for \$1.00.

**Dr. Miles Tonic**:—A combination of Pyro Phosphates with Quinine and Iron. A tonic for the weak. Price \$1.00.

**Dr. Miles Alterative Compound**:— A medicine that tends to produce a favorable change in the process of nutrition. Price \$1.00.

**Dr. Miles Cactus Compound**:— For simple functional disturbances of the heart. Price \$1.00.

**Dr. Miles Little Pills**:— For constipation. They leave no bad after-effects. 25 cents a package.

**Dr. Miles Laxative Tablets**:— A cathartic that appeals to old and young alike. Free from disagreeable effects. 25 cents a package.

**Dr. Miles Aspir-Mint**:—For Headache, Neuralgia, Rheumatism, Sciatica and Lumbago. 15 cents and 25 cents.

**Alka-Seltzer**:—For the relief of Colds, Headache, Gas on Stomach, Sour Stomach, that Tired Feeling, effects of Over-Indulgence in eating or drinking, Rheumatic, Sciatic, Neuralgic, Muscular and Periodic Pains. Large package 60 cents. Small size 30 cents.

## Our Money Back Guarantee

When you have taken one full package of any of Dr. Miles Medicines and are not satisfied with the results, take the empty

package to your druggist and get your money back.

*Dr. Miles Laboratories, Inc., Elkhart, Ind.*





Mrs. Olson

I have used your Alka - Seltzer and Nervine and find them wonderful. I surely will continue to use them. Any person in need of medicine will make no mistake in buying Dr. Miles medicines.

Mrs. Martin Olson,  
Pine Island, Minn.

My success as a public school teacher depends on physical fitness. During many weary, payless months when, physical resistance lowered and nerves frayed to an edge, Alka-Seltzer has been my "Anchor of health." It immediately and effectively relieves tired, aching heads and bodies.

Virginia Lee,  
Chicago, Ill.

## Why Don't YOU Try **ALKA-SELTZER**

*The pleasant, effective, modern, EFFERVESCENT TABLET that brings such prompt relief to those who suffer from Colds, Headache, Gas on Stomach, Sour Stomach, Neuralgia, Fatigue, Rheumatic Fever, Muscular Lumbago, "Morning After" Feeling, Muscular Pains, Sciatic Pains.*



Miss Lee



Miss Raff

Alka - Seltzer is not only a wonderful remedy for Colds and Headaches, but it is such a pleasant beverage. I am very thankful to Dr. Miles Laboratories for this fine discovery. If one will only follow the directions when having Headaches or Colds, they will quickly disappear—such is my experience.

Miss Rose Raff,  
Louisville, Kentucky

I suffered from headache and gastric pains until one Saturday night when I heard your Alka-Seltzer program over WLS. I got some of your tablets and they gave me relief almost immediately. I wouldn't do without them.

Mrs. Anna Caruso,





# Relax

# Tense "NERVES"

## Enjoy Refreshing Sleep

Too much work, too much worry, tired but too nervous to sleep—Short-tempered, Restless, on the verge of Hysterics, a nagging Headache, a touch of Indigestion.

You know how it is. Everybody does in these days of hustle, change, and financial insecurity. Every organ in your body may be as sound as a dollar, yet you may suffer intensely from over-taxed nerves. Relax tense nerves and avoid more serious nervous or organic troubles.

Dr. Miles Nervine helps to relax tense nerves, bring a feeling of poise and contentment, nights of sound restful sleep. Your money will be refunded if, after taking a full package of Dr. Miles Liquid Nervine or Dr. Miles Effervescent Nervine Tablets, you are not entirely satisfied.



# DR. MILES' NERVINE

(Liquid or Effervescent Tablets)

At all Drugists, 25c and \$1.00





**Keep Your System  
Alkaline**

**for Good Health, Pep,  
Endurance.**

**Alka-Seltzer**

*(The New Alkalizing, Effervescent  
Tablet)*

**A pleasant, effective alkalizer.**

