Here's What's Wrong with SKINNY, ILL, WEAK, NERVOUS PEOPLE!

They Need Strength-Building NATURAL MINERALS and FOOD IODINE in their Blood and Glands!

Accept This Startling "Prove it" Offer—
Your Money back if "VIKELP" Tablets do not . . .
1 Correct Malnutrition.
2 Add at least 5 lbs. of Firm Flesh.
3 Banish Systemic Disorders such as Constipation, Rheumatism, Goitre, Indigestion, Insomnia.
4 Strengthen and Calm Nerves.
5 Make You Eat and Sleep Better.
6 Give you Radiant Health, New Strength, Tireless Energy.

IF you are weak, skinny, run-down, and suffering from malnutrition—if you go around always tired, nervous, ailing, irritable, easily upset, the chances are your blood is thin, pale and watery and lacks the nourishment needed to build up your health, strength, endurance and the solid pounds of new flesh you need to feel well. Medical men and nutrition experts have at last got right down to the real trouble with these conditions and explain an amazing, quick way to correct them.

Food and medicines can't help you much. The average person usually eats enough of the right kind of food to sustain the body. The real trouble is assimilation, the body's process of converting digested food into firm flesh, pep and energy. Tiny hidden glands—especially the Thyroid—control *this health* and body building process—glands which require a regular ration of the 12 life-giving MINERALS and FOOD IODINE (not the ordinary toxic kind, but the Iodine that is found in tiny quantities in spinach, lettuce, etc.) The simplest and quickest way to get these precious needed substances (Iron, Calcium, Phosphorus, Magnesium, etc.) is "Vikelp" Tablets, the astonishing mineral concentrate from the Pacific Ocean. They are 1300 times richer in Iodine than oysters, hitherto considered the best source. With "Vikelp" Tablets' MINERAL and FOOD IODINE, you quickly normalise your weight and strength-building glands, correct malnutrition, promote assimilation, enrich the blood and build up a source of enduring health and strength. Your body is not only rejuvenated but faulty metabolism, constipation, gastritis, goitre and other systemic illnesses are corrected or disappear entirely.

Try "Vikelp" Tablets for 10 days. Notice how much better you feel, eat and sleep, how your appetite improves and colour comes back into your cheeks. And if you don't gain 5 lbs. of good solid flesh in the first 10 days the trial is free. Your own doctor will approve this way. They cost but little to use. 40 tablets 1/9d., 100 3/6d., 225 6/9d., 675 17/6d. If your dealer cannot supply you send 3/6d. for 10 days' guaranteed treatment to Dept. H. Health Products Laboratories Ltd., 10 Henrietta St., Cavendish Sq., London, W.1

VIKELP brand HEALTH and BODY BUILDING Tablets

ENJOY LIFE

keep free from Stomach pain

You can enjoy good food and drink, the solace of a big cigar, without fear of indigestion, acid stomach, heartburn or headache, if you take a little DINNEFORD'S PURE FLUID MAGNESIA when you go to bed.

And DINNEFORD'S not only obviates digestive trouble but it also supplies *tonic Magnesium in the clear fluid form in which it circulates in your blood and tissues.* Much poor health and nervous trouble can be attributed directly to lack of this vital mineral.

A daily dose of DINNEFORD'S PURE FLUID MAGNESIA will help you to sleep better, your nerves will become steadier, and your outlook on life much brighter.

But ask for and be sure you get DINNEFORD'S, the *clear* fluid. Nothing else will keep you WELL so well. DINNEFORD'S has been famous for over a century as the safe and reliable Antacid and Laxative for infants and adults. Made only by Dinneford & Co., Ltd., London, W.1. *Of all chemists, 1/3 and 2/6.*

Take a daily dose of **DINNEFORD'S** REGD.

Zebo liquid grate polish has these advantages

1—ZEBO IS EASIER TO USE. All you do is shake a little Zebo on a cloth or brush, apply to the grate, give a brisk polish, and it's done. There's no need for elaborate preparations. Just unscrew the top and use this liquid polish straight from the tin.

2—ZEBO GIVES QUICK AND LASTING RESULTS A little Zebo and the dullest grate sparkles. And, remember, you can keep your grate shining all the week round by giving it a quick rub with Zebo when you've cleared the ashes. It's so quick. That's the advantage of using Zebo.

SPECIAL NOTE. You'll be delighted to find how long a 6d. tin of Zebo lasts. Zebo's handy cap prevents it from drying up — so that you can use it to the last drop. There's absolutely no waste. Zebo saves time, too. It's so quick and easy to use.

RECKITT & SONS LIMITED, HULL AND LONDON

ZEBO THE MODERN POLISH FOR GRATES

These Names Make News

200 BOSS-POWER

YACHTSMAN EUGENE SCHNEIDER, named in French arms inquiry, has one odd distinction.

He is credited with being the last man to be admitted to the hereditary circle of 200 families who run France—still run it, Popular Front or not.

That was 30 years ago, when Schneider had more to do with death-factory bearing his name than he has today, nearing 70.

PEOPLE who rail at undefined omnipotence of Montagu Norman here should pause and think what it would be like to have 200 Montagu Normans.

That is about what it amounts to. Interlocking directorates spread the 200's net over nearly everything in France.

No wonder the Paris papers yesterday treated the "fraud" inquiry with reticence! It's a wise editor who knows whom he is attacking in France.

*

BUILDING exhibition at Olympia yesterday had on view a mysterious device rather like a drawing-board perched on scales, slight Dr Strabismus look about it.

Man had come to show me a picture of it earlier in day. Talked about rod being vertical at equinox time, but at 23 degrees it's Paris at the summer solstice. Rest of the year the tip of the shadow runs round in a curve.

"But what *is* it?" I asked.

"It's for measuring how much sunlight scale-model flats get at any time of the day, at any season, and at any latitude. It's the work of a brilliant European inventor."

"Not from Utrecht?"

"No, his name is **ERNO GOLDFINGER**, and he is Hungarian."

ALSO seen at Olympia yesterday: Eastern hemlock on show among the Canadian woods, hand-cut tiles for the conical top of an oast house, salesman's pipe left lying about in ideal feminine boudoir. In exhibit "Suggested Treatment for a Private Office" the clock showed 1.20 all morning; an excellent idea.

MOST dramatic exhibit model chimney cowl demonstration with smoke got by burning asthma cure powder. To show there's no down draught under any conditions demonstrator blows down chimney with a barber's shampoo drier

*

MISS SARAH CHURCHILL'S chorus friend **JENNY NICHOLSON** takes her mother's name, not that of father Robert Graves.

It was arranged thus at birth.

Her mother is Nancy Nicholson, daughter of artist William Nicholson, not the least of whose many original traits is that he has his studio hang in middle of West End—in Apple Tree Yard, St James's.

"MY wife and I worked it out that our children should be thought of solely as their mother's," recalls Graves. "But since I looked after the boys they should take my name, while the girls would take Nicholson."

So two Miss Nicholsons came to share nursery with two Master Graves.

Graves lives abroad nowadays, but is here for filming of his "I, Claudius," at Denham. Book has had big German sale (perhaps because author is half German, and stories of autocrats go down well now in Reich) but cannot touch profits, locked up by Hitler financial laws.

IN same liner Bremen as Sarah Churchill is Lady **ASTOR**, off to homeland with sister Mrs Brand, wife of head of Lazard Brothers bank.

Homeland is Virginia, family house of the Langhornes' is called Mirador.

Friend of mine saw her in Bremen's bar sipping cocktail just before liner sailed; cocktail was of tomato juice.

ALSO fellow passenger of eloping Sarah is **ELY CULBERTSON.** He has been over here this time organising an international bridge league "*which will enable bridge to assume same important standing as lawn tennis and golf.*"

Fifty-four countries have joined, first championships next year in Budapest.

It sounds almost as exciting to me as a chess tournament.

*

RUSSIA, if you're still interested, has not joined the league, interest in bridge not being very strong in USSR.

And in any case they don't officially approve of the kings and queens on playing cards.

*

BIG brasserie on middle-European lines opens under Coventry. St with a burst of tzigane music, multi-lingual service, and every appropriate middle-European noise.

Walls of linoleum. Spanish tiles on eaves of non-existent roof. Javanese tablecloths.

Menu and wine lists read like a call-over at League of Nations.

VISITOR at opening was thin, sun-tanned **BERTIE JOSEPH** (christened "Bertie"), who runs royal catering for big shows, parties, Courts.

Ran the Masonic banquet at Olympia when 1,300 Nippies served full meal to 7,000 guests.

They say this was a world *record*, and I'll believe them.

*

ATTACK on beer by reader Kathleen Brown, of Grandborough.

"As an admirer of Lord Lonsdale, I feel I must protest against the remarks (this column 9/9/36) as to why he did not attend Doncaster meeting. It is absurd to compare his expenditure with obscure persons like you and me.

"The reference to the 'half pint of bitter at 5d' was definitely in execrable taste. There are many people who know Lord Lonsdale's work for sport who would deplore this unsportsmanlike way of referring to him."

G.B.

Jenny

She sticks to the Nicholsons

What's on today

TO SCALE
Exhibition of Model Engineering, Royal Horticultural Hall, 11-9.30, 1/3. Also on show there harmonious aunt once believed to have inspired Handel compositions.

FIRST NIGHT
Renee Houston, George Robey in "Certainly Sir." Hippodrome 8.

FRONT PAGE VOICE
Herr Richard Tauber sings at Royal Opera House, Covent Garden, in aid of charity, 8.30. Only lucky ones can still get tickets. There are un-numbered but no unreserved seats.

Shipping

BALMORAL CAS (for Port Natal) lft Table Bay 15.
BANGALORE (for L'don) at Singapore 16.
BEHAR (for Otaru) at Shanghai 15.
CASTALIA (for L'pool) psd Perim 16.
CATHAY (for Bombay) at Port Said 16.
CHITRAL (for L'don) lft Shanghai 15.
C OF HONGKONG (for Bombay) at Port Said 15.
CONTRACTOR (for Calcutta) psd Gib 15.
DAKAR MARU (for Yokohama) lft Suez 16.
DRAMATIST (for Dar es Salaam) lft Port Sudan 16.
HIGHLAND MONARCH (for B Aires) lft Vigo 15.
HIGHLAND PATRIOT (for B Aires) lft Santos 15.
KATORI MARU (for Yokohama) lft Shanghai 16.
LLANSTEPHAN CAS (for Beira) at Lourenco Marques 15.
LYONS MARU (for L'pool) lft Saigon 16.
MALDA (for L'don) 50 miles N of Lisbon 15.
MATSUMOTO MARU (for L'don) psd Perim 16.
MOLDAVIA (for Brisbane) lft Suez 15.
NAGARA (from L'pool) at B Aires 15.
NAVASOTA (for L'pool) lft B Aires 15.
NORTHUMBERLAND (for L'don) at Bilboa 15.
ORIOL (for Brisbane) at Gib 16.
RANCHI (for Yokohama) lft Gib 16.
SHROPSHIRE (for Rangoon) at Gib 16
SOMALI (for L'don) at Marseilles 16.
SOUDAN (for Otaru) lft Bombay 15.
TERUKUNI MARU (for L'don) lft Singapore 16.
WORCESTERSHIRE (for L'don) lft Port Said 15.

Bombing Units To Form 75 Per Cent. Of New Air Force

Daily Express Air Reporter

THE greatest British air strength expansion ever begun in peace time is moving forward like clockwork. Since the original RAF expansion scheme was announced in May, 1935, 40 new military airfields have been bought.

Of these, 32 are now under construction.

Thirteen new training schools for pilots have been built;

Twenty-six new squadrons have been formed;

Forty-five more are on the way.

The expansion programme means doubling the RAF strength in numbers in less than two years. In actual fighting efficiency strength is being trebled. Fighters and bombers now being built have performances believed to be far in advance of any foreign air force.

Third As Defenders

About 75 per cent. of the new squadrons being formed are bomber units. When the programme is completed only about a third of our Air Force will be defensive fighters.

The bulk of the service will be first-line bombing 'planes, some of them capable of reaching Moscow, Athens or Rome and returning to Britain without landing to refuel.

Nine hundred new pilots have joined the service since April.

Five hundred new mechanics a month are now needed by the RAF.

Cramp Kills Climber

He Fell: The Rope Broke

Denis Yelland Richards, of Thurleston Avenue, N, was killed while climbing Cwm Silyn, a height overlooking Nantile Valley, under Snowdon.

He reached the top of a 350 ft ridge with a friend, Mr Leonard Stanley Pearce. Richards said he had cramp. At that moment he fell. His rope broke and he rolled to the bottom of the ridge.

Pearce informed the police. After a hazardous journey in the dark the body was recovered and taken to a farmhouse.

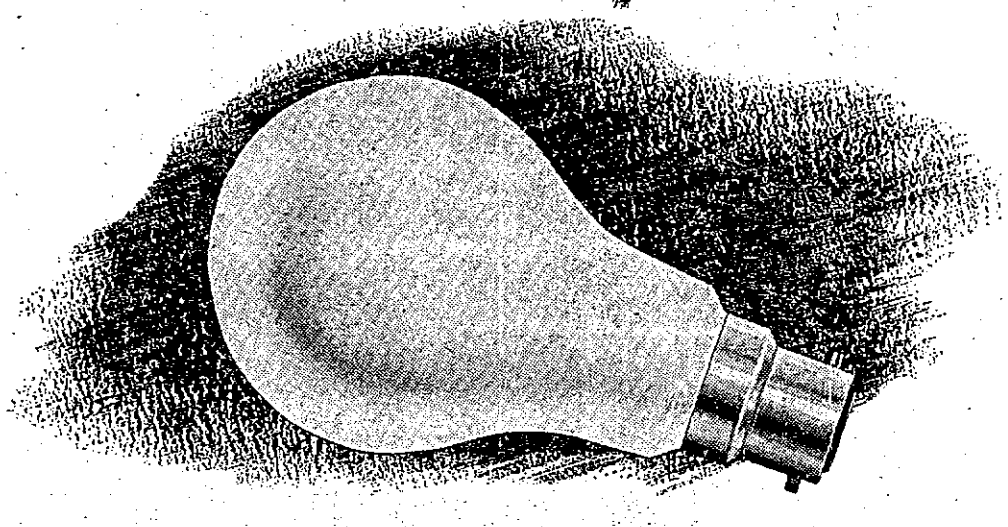
Richards was about 30 years of age. He was described as a brilliant musician.

VIOLA TREE FORGOT

Mrs Viola Parsons (Viola Tree, the actress), of Percy St, Marylebone, was at Hampstead yesterday fined £2 for travelling at 38 miles an hour in a built-up area. It was stated that when stopped she said, "I forgot for a moment."

Osram

the wonderful lamp



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