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GLENDALÉ DAIRIES, Manitowoc, Wisconsin

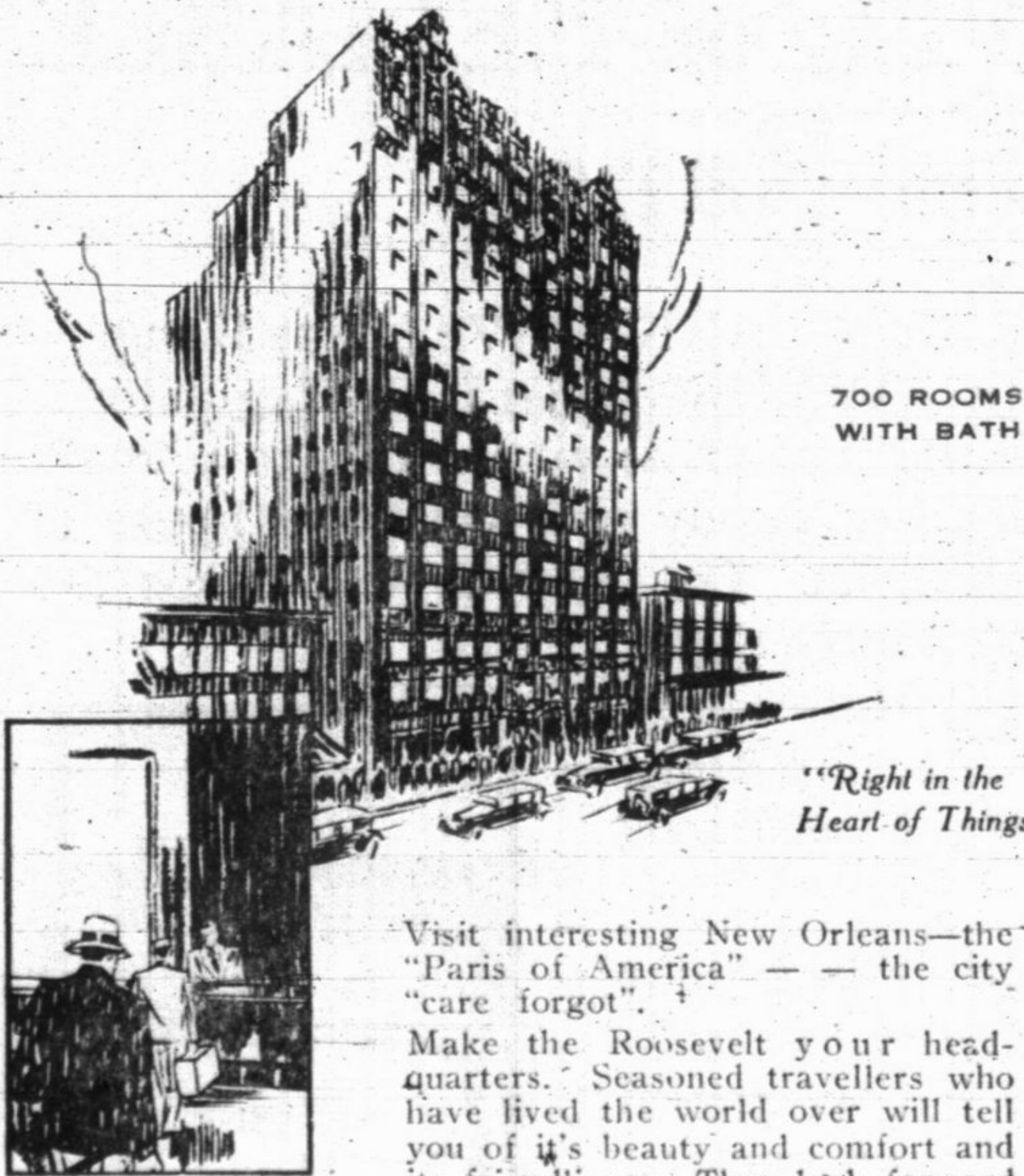
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GUIDEPOSTS TO Health and Happiness

By *Bernarr Macfadden*



HOW HIGH ARE YOUR PHYSICAL IDEALS

Physical ideals are as important as mental ideals. They are fundamental! Through them you are able to develop a foundation upon which the whole structure of human life must be built.

I have six daughters to educate, and I consider one of the most important phases of their education is a proper understanding of what their own physical personality should approximate, as well as a general knowledge of the physical nature of both sexes. Such knowledge gives a boy or girl a clean, wholesome attitude toward sex life. It saves them from the unwholesome attraction of "smutty" stories, and gives them a high standard of respect for their own bodies.

A boy who is ashamed of his body and knows but little of what his form should approximate, as a man, cannot enthusiastically or successfully work for the development of superior and splendid manhood.

If a young man has no opportunity to view finely developed feminine figures, his judgment in selecting his life mate will be warped. How can he know that true beauty is based on health and strength and that his children may reap the tragedy of his ignorance?

And yet, every so-called reformer is working for the purpose of suppressing the presentation of undraped figures. He would take away from the human race the inspiration that aids and stimulates the development of priceless physical ideals.

Don't let him fool you. Nakedness and mental cleanliness go together. The more you are able to view perfect specimens of fully developed manhood and womanhood the cleaner and more wholesome your mind will be in reference to all physical things. Begin now—while you are young,—to build up your ideals about physical beauty and health. Go to the art galleries for your inspiration. Find out the truth for yourself.

Purity needs no clothes; innocence needs no adornment. Set the very highest standard of physical perfection for yourself and the one who is to be your mate and don't let anyone talk you out of it.

—Barnard Macfadden.

SEEK CERTIFICATE IN BRACHER CASE

Efforts to get the \$100,000 certificate of deposit issued by the First National Bank of Eureka, Kas., from Roy Bracher and Ira Pearsall, former county treasurers, will be made by the trustees liquidating Bracher's assets it is reported in Waukegan.

The trustees intend, if they get the certificate, to take some legal action against the stockholders of that bank, which ceased in 1926 and became the First National Bank in Eureka with a new board of directors and officials.

When Pearsall retired from office late in 1926 he failed to endorse the certificate to the new treasurer, Bracher, and has since refused on advice of counsel, it is said.

Turned Over Property

Bracher, when it was discovered that he had a \$100,000 shortage, was backed by 20 of his friends who posted \$100,000 for him and took back notes for \$2,000 each.

In their protection Bracher turned over all of his property to three trustees, agreed upon by all involved, with the order to liquidate it and discharge the notes given to his friends.

Some land has been sold, allowing the trustees to retire \$20,000 in mortgages and \$10,000 of the \$100,000 obligation to the bondsmen. Those transactions are more than a year old.

To Sell All Property

The trustees admitted today that a plan was being evolved to sell all the Bracher property, including his

subdivision on Diamond Lake, this summer if possible.

The two ex-treasurers and Clark C. Nye, the Eureka banker who issued the certificate; Harold Martin, formerly connected with a bank here, and Caleb Busick, oil promoter, all were tried in circuit court on a conspiracy charge. The first trial ended with a hung jury and the second resulted in an acquittal for all five dependants.

Seek Estate Refund Gas Tax for County

R. M. Lobdell, county superintendent of highways, and the road and bridge committee of the board of supervisors, were in Springfield last week seeking early return from the state of \$650,000 due Lake county for paved roads built and turned over to the state.

Now that the gasoline tax is passed and will go into effect August 1, Superintendent Lobdell believes Lake county stands an excellent chance of being paid in full by the state at an early date. This will enable the extensive paving program recently laid out to be completed in record time.

Lobdell hopes to secure at least 45 miles more of paved road for Lake county in the next eight years.

Mrs. Green: "I never walk under a ladder. I think it's most unlucky."

Mrs. Morgreen: "Well! I call that silly. I just place the tips of the little fingers together, bend the other three into the palm, cross the thumbs, say 'Magnum bonum,' and walk right under any ladder. If you do that you're perfectly safe. I can't stand silly superstitions myself."