

THE TRIALS OF A HOUSEWIFE

How They Have Been Endured and How Overcome by Lydia E. Pinkham's Vegetable Compound

Experience of a Providence Woman



Providence, R. I.—"I took Lydia E. Pinkham's Vegetable Compound for a female trouble and backache. It began just after my baby was born, and I did the best I could about getting my work done, but I had awful bearing-down pains so I could not stand on my feet. I read in the papers about Lydia E. Pinkham's Vegetable Compound and the good it was doing other women, and I have got dandy results from it and will always recommend it. You can use these facts as a testimonial if you wish."—Mrs. HERBERT L. CASSEN, 18 Mem Court, Providence, R. I.

Ohio woman for three years could hardly keep about and do her housework she was so ill. Made well by Lydia E. Pinkham's Vegetable Compound: Fayette, O.—"For about three years I was very nervous and had backache, sideache, dragging-down pains, could not sleep at night, and had no appetite. At times I could hardly do my housework. I got medicine from the doctor but it did not help me. I saw Lydia E. Pinkham's Vegetable Compound advertised in a newspaper and took it with good results, and am now able to do my housework. I recommend your medicine to my friends and you may publish my testimonial."—Mrs. CHESTER A. BALL, R. 15, Fayette, Ohio.

An Illinois woman relates her experience: Bloomington, Ill.—"I was never very strong and female trouble kept me so weak I had no interest in my housework. I had such a backache I could not cook a meal or sweep a room without raging with pain. Rubbing my back with alcohol sometimes eased the pain for a few hours, but did not stop it. I heard of Lydia E. Pinkham's Vegetable Compound, and six bottles of it have made me as strong and healthy as any woman; and I give my thanks to it for my health."—Mrs. J. A. McQUITTY, 610 W. Walnut St., Bloomington, Ill.

The conditions described by Mrs. Cassen, Mrs. Ball, and Mrs. McQuitty will appeal to many women who struggle on with their daily tasks in just such conditions—in fact, it is said that the tragedy in the lives of some women is almost beyond belief. Day in and day out they slave in their homes for their families—and beside the daily routine of housework, often make clothes for themselves and for their children, or work in their gardens, all the while suffering from those awful bearing-down pains, backache, headaches, nervousness, the blues, and troubles which sap the very foundation of life until there comes a time when nature gives out and an operation seems inevitable. If such women would only profit by the experience of these three women, and remember that Lydia E. Pinkham's Vegetable Compound is the natural restorative for such conditions it may save them years of suffering and unhappiness.

There is hardly a neighborhood in any town or hamlet in the United States wherein some woman does not reside who has been restored to health by this famous medicine. Therefore ask your neighbor, and you will find in a great many cases that at some time or other she, too, has been benefited by taking it, and will recommend it to you. For more than forty years this old-fashioned root and herb medicine has been restoring suffering women to health and strength.

Lydia E. Pinkham's Private Text-Book upon "Allments Peculiar to Women" will be sent to you free upon request. Write to The Lydia E. Pinkham Medicine Co., Lynn, Massachusetts. This book contains valuable information.

A Vegetarian.

Manager—Now, before I hire you I'm going to tell you that in some of the small towns you may be showered with vegetables.
Actor—Don't make any difference to me; I'm a vegetarian.

When right, be firm.

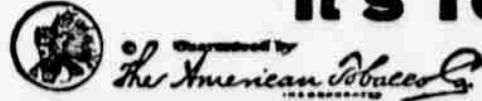
There is nothing more satisfactory after a day of hard work than a line full of snowy white clothes. For such results use Red Cross Ball Blue. Love yourself last.

In a new size package

LUCKY STRIKE

10 cigarettes for 10 cts. Handy and convenient; try them. Dealers now carry both sizes: 10 for 10 cts; 20 for 20 cts.

It's Toasted



Western Canada Offers Health and Wealth

Advertisement for Western Canada offering health and wealth. Includes text about fertile land, dairy farming, and stock raising. Mentions W. V. Bennett, Room 4, Bee Bldg., Omaha, Neb. and authorized agent, Dept. of Immigration and Colonization, Dominion of Canada.

The Kitchen Cabinet

Sit down, sad soul, and count The moments lying; Come, tell the sweet amount That's lost by sighing; How many smiles? A score? Then laugh, and count no more; For day is dying. —BRYAN PROCTER.

THE HERB GARDEN.

This is the time of year to start a small spot in the kitchen garden for a few herbs and bunches. With bunches of the home-grown product put away for use during the year you are sure of good, fresh well flavored herbs. They should be cut as soon as the first flowers appear, as they then contain the most oil (which is the flavor) in the leaf. Cut them in the morning after the dew is off, and dry in a clean, cool shady place.

When the leaves are so dry that they crumble, rub the herbs through the hands, discarding all the stems and tough portions, and dry a little longer, for even a bit of moisture will ruin the flavor. Pack away in air-tight glass containers in a cool, dry place. The seed should be sown in early spring, in drills, and covered lightly; then pressed firmly over the tiny seeds. Chervil and thyme, parsley and sage, dill and caraway are all useful-rosmary and rue are used for various things, seasoning, stimulants, and perfume. Lavender for the linen closet is so well known that it need not be mentioned. Fennel and anise are much used in some localities and some of each will be found of use. A row of the wide-leaved mustard will be especially appetizing; it may be used as an accompaniment to lettuce or alone as a salad, or cooked as greens. Its piquant flavor is very attractive. Thyme leaves may be used as a garnish as is chervil; the feathery leaves of the latter make it especially pretty. Thyme is used for seasoning as is chervil, making a fine flavor for poultry or croquettes.

Parsley should be sown early as soon as the ground is warm enough as it takes some time to grow. A small pot is always useful to carry over for the winter. Use the moss leaved variety; it is prettier and is much in demand for garnishes.

Grapenuts added to a salad or pudding in place of chopped nuts makes a most desirable substitute that will not hurt the children.

THE GIFTS.

Give me a book to read, Give me health, Give me joy in simple things, Give me an eye for beauty, A tongue for truth, A hand for work, A heart that loves, A sympathy that understands, Give me neither malice nor envy, But a true kindness, And a noble, common sense, And at the close of each day Give me work to do, And a friend with whom I can be silent. —Scottie McKensie Fraser.

GOOD THINGS UP TO DATE. The following dish is a good one; but first get your hare:



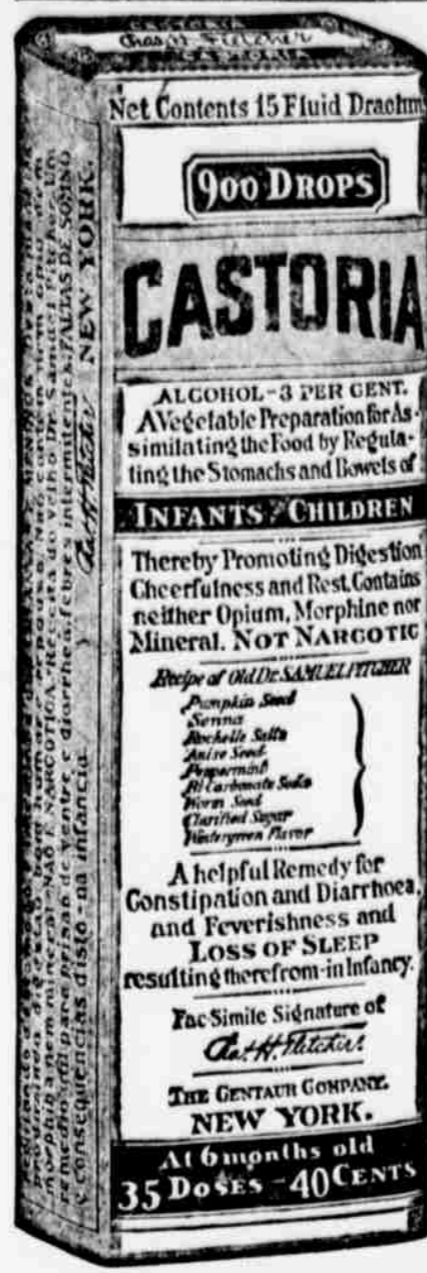
Rabbit en Blancquette. Cut up the rabbit and cook in two tablespoonfuls of butter until all is brown; cover the saucepan to cook the meat to the center. Remove the cover, season with salt and pepper, add one large onion chopped, a bunch of herbs, using parsley, a bay leaf and a little celery. Sprinkle the pieces with two tablespoonfuls of flour, stir until well browned, add a quart of hot water and as soon as the liquid boils set to simmer on the back part of the stove for thirty minutes. The flour will make the gravy sufficiently thick. Add two or three beaten eggs and stir into the hot mixture with a little milk and serve at once. Do not boil or the eggs will curdle the sauce. Noodles may be added to this dish, which will make it go farther.

Prune Puffs.—Chop fine one cupful of stewed prunes, after removing the stones. Add one-half cupful of sugar to the whites of three well-beaten eggs and a grating of lemon peel. Stir in the prunes, pour into a well-greased baking dish and bake until firm—about half an hour. Serve with cream.

English Monkey.—Soak two cupfuls of bread crumbs fifteen minutes in milk. Melt two tablespoonfuls of butter, add one cupful of cheese and the crumbs, cook until the cheese is softened, add two eggs slightly beaten, season well, cook until the eggs are set and pour over hot toasted crackers.

Cheese Pudding.—This recipe has been given several times, but is so good that it is repeated: Place two-inch strips of buttered bread in a baking dish, sprinkle with a generous layer of good rich cheese, then pour over a pint of milk mixed with two eggs, salt and red pepper to taste. Sprinkle with paprika and bake until firm. Serve at once.

Nellie Maxwell



Exact Copy of Wrapper.

Children Cry For Fletcher's CASTORIA

Special Care of Baby.

That Baby should have a bed of its own all are agreed. Yet it is more reasonable for an infant to sleep with grown-ups than to use a man's medicine in an attempt to regulate the delicate organism of that same infant. Either practice is to be shunned. Neither would be tolerated by specialists in children's diseases.

Your Physician will tell you that Baby's medicine must be prepared with even greater care than Baby's food.

A Baby's stomach when in good health is too often disarranged by improper food. Could you for a moment, then, think of giving to your ailing child anything but a medicine especially prepared for Infants and Children? Don't be deceived.

Make a mental note of this:—It is important, Mothers, that you should remember that to function well, the digestive organs of your Baby must receive special care. No Baby is so abnormal that the desired results may be had from the use of medicines primarily prepared for grown-ups.

MOTHERS SHOULD READ THE BOOKLET THAT IS AROUND EVERY BOTTLE OF FLETCHER'S CASTORIA

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

THE CENTAUR COMPANY, NEW YORK CITY.

Class in Physiology. Teacher—Where is the heart located? Little Jimmy (silent). Teacher (places hand on boy's chest)—Don't you feel the beating? Little Jimmy—No; I usually feel it on the other side a little lower down.

Catarrh is a local disease greatly influenced by constitutional conditions. HALL'S CATARRH MEDICINE is a Tonic and Blood Purifier. By cleansing the blood and building up the System, HALL'S CATARRH MEDICINE restores normal conditions and allows Nature to do its work. All Druggists. Circulars free. F. J. Cheney & Co., Toledo, Ohio.

KNOW THE WORD OF COMMAND Old Lady Quick to Recognize Phrase That She Had Heard Used by Her Willie.

Military terminology has affixed itself to our language. Recent advertisements of a new dictionary use such phrases as "cheerio," "how's your morale?" and "the zero hour." And only last week the papers spoke of a "barage of coughing," which drowned out a lecture speaker in Brooklyn.

In City Hall park last Wednesday another instance was noted. A young man halted at a newsstand. "Times," said he. Then, as the "newsie"—an old woman of sixty—stooped to get it, "As you were! World!" The old woman, as she handed him the paper, clicked her heels together and delivered a perfect hand salute. "My Willie was in the army too," she explained.—New York World.

Age of Discretion. Youth has its compensations, but personally we are glad to have passed the age when we thrilled at the sight of a gent in a silk hat and fur collar. —Galveston News.

With the Best Intentions. "Willie, what are you doing with that oil can?" "I'm oilin' baby's tongue so he can talk."—Life.

What to Take for CONSTIPATION

Take a good dose of Carter's Little Liver Pills—then take 2 or 3 for a few nights after. They cleanse your system of all waste matter and regulate your bowels. Mild—as easy to take as sugar. Genuine bear signature—Small Pill. Small Dose. Small Price.

LACKING IN WILLIE'S MAKEUP Really Not Small Boy's Fault That He Was Unable to Comply With Mother's Advice.

Senator McCumber, chairman of the senate finance committee, was discussing those exposures of terrific profiteering on the part of dollar-a-year patriots. "We must not be too hard on these misguided men," he said with a wink. "They occupied positions of great temptation, you know. It is easier to sermonize about temptation than to resist it."

"These weak, culpable and yet well-meaning men remind me of little Willie. "Little Willie stole a quarter one day out of his mother's pocketbook. His mother detected the theft and trounced him severely. Then she preached him a long sermon concluding with: "It's all a matter of resisting temptation. Always, always turn a deaf ear to temptation, son!" "Little Willie stopped his sobbing long enough to say: "But, mom, I ain't got no deaf ear."

Why They Don't Speak. Doris—"Most people admire my mouth. Do you?" Jack (absent-mindedly)—"I think it is simply immense!"

It was a school-diff romance, and though we went to different schools, we always managed to go home together. Before long it was well known that Alice and Jim were sweethearts, and our names were often linked together. One day Jim visited our school and came into our Spanish class. I was asked to recite, and there were loud, gleeful exclamations when I innocently translated the sentence: "I go to visit my friend Jim, who greets me affectionately."—Exchange.

ALLEN'S FOOT-EASE

The Antiseptic Powder to Shake Into Your Shoes. And sprinkle in the Foot-Bath. It takes the sting out of Corns, Bunions, Blisters and Callouses, and gives rest and comfort to hot, tired, smarting, swollen feet. More than 1,500,000 pounds of Powder for the Feet were used by our Army and Navy during the war. Allen's Foot-Ease, the powder for the feet, takes the friction from the shoe, softens the feet and gives new vigor. Nothing relieves the pain of tight or new shoes so quickly. Sold every where. Ask for ALLEN'S FOOT-EASE.

80 Years Old—Was Sick

Now Feels Young After Taking Eatonic for Sour Stomach

"I had sour stomach ever since I had the grip and it bothered me badly. Have taken Eatonic only a week and am much better. Am 80 years old," says Mrs. John Hill. Eatonic quickly relieves sour stomach, indigestion, heartburn, bloating and distress after eating because it takes up and carries off the excess acidity and gases which cause most stomach ailments. If you have "tried everything" and still suffer, do not give up hope. Eatonic has brought relief to tens of thousands like you. A big box costs but a trifle with your druggist's guarantee.

Carter Portable STEEL GARAGE

Sectional, 10x16 ft. Circle sliding doors. Price \$124. F. O. B. Omaha. Can extend to any length. Shipping weight, 150 pounds.

BE A NURSE

Exceptional opportunity at the present time for young women over nineteen years of age who have had at least two years in high school to take Nurses' Training in general hospital. Our graduates are in great demand. Address Supt. of Nurses, Lincoln Sanitarium, Lincoln, Nebraska.

Enslow Floral Co.

131 So. 12th : Lincoln, Neb.

126 MAMMOTH JACKS

I have a bargain for you, come quick. W. L. DeGLOW'S JACK FARM Cedar Rapids, Iowa.

Don't Count Your Night Hours

Counting the clock strokes at night means losing the day hours in drowsiness. A cup of tea or coffee at bedtime often results in dreary wakefulness.

POSTUM CEREAL

is a hot, cheering, meal-time beverage, fully satisfying to the taste, and you can drink it at any hour of the day—as many cups as you like—with no irritation to nerves.

Better nights and brighter mornings usually follow a change to Postum as the table drink.

"There's a Reason"

Made by Postum Cereal Co., Inc Battle Creek, Mich.