

WOMEN OF MIDDLE AGE

A Trying Period Through Which Every Woman Must Pass

Practical Suggestions Given by the Women Whose Letters Follow

Phila., Pa.—“When I was going through the Change of Life I was weak, nervous, dizzy and had headaches. I was troubled in this way for two years and was hardly able to do my work. My friends advised me to take Lydia E. Pinkham's Vegetable Compound, and I am very sorry that I did not take it sooner. But I have got good results from it and am now able to do my housework most of the time. I recommend your medicine to those who have similar troubles. I do not like publicity, but if it will help other women I will be glad for you to use my letter.”—Mrs. FANNIE ROSENSTEIN, 882 N. Holly St., Phila., Pa.

Detroit, Michigan—“During the Change of Life I had a lot of stomach trouble and was bothered a great deal with hot flashes. Sometimes I was not able to do any work at all. I read about Lydia E. Pinkham's Vegetable Compound in your little books and took it with very good results. I keep house and am able now to do all my own work. I recommend your medicine and am willing for you to publish my testimonial.”—Mrs. J. S. LIVERNOIS, 2051 Junction Avenue, Detroit, Mich.

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

The critical time of a woman's life usually comes between the years of 45 and 50, and is often beset with annoying symptoms such as nervousness, irritability, melancholia. Heat flashes or waves of heat appear to pass over the body, cause the face to be very red and often bring on headache, dizziness and a sense of suffocation.

Another annoying symptom which comes at this time is an inability to recall names, dates or other small facts. This is liable to make a woman lose confidence in herself. She becomes nervous, avoids meeting strangers and dreads to go out alone.

Lydia E. Pinkham's Vegetable Compound is especially adapted to help women at this time. It exercises a restorative influence, tones and strengthens the system, and assists nature in the long weeks and months covering this period. Let it help carry you through this time of life. It is a splendid medicine for the middle-aged woman. It is prepared from medicinal roots and herbs and contains no harmful drugs or narcotics.

Child Training at Home

THE FAVORITE CHILD

By FRANCES A. GRAY

IT WAS the one unmarried member of our little group who quite innocently started the discussion. Something had been said about Hortense and her children and Grace remarked, “Isn't little Jack Hortense's favorite child?”

The Sentimental Mother was shocked. “My dear,” she exclaimed reproachfully, “no mother worthy of the name loves one child more than another! It's impossible for a mother to have a favorite among her children.”

But the Practical Mother, as usual, brushed aside mere sentimentalities. “Nonsense!” she retorted. “It is impossible that any woman who has more than one or two children should not have a favorite, even if she never admits the fact to herself. Within one family the children will often differ very widely in natural disposition, temperament—in every possible trait. If a mother has several children it is almost certain that there will be one among them who is naturally more congenial to her than the others.” She paused, and then added with her surprising frankness, for she is one who openly admits what other people are apt to conceal and deny even to themselves, “Now my little girl is too much like me for us to get along harmoniously. She is quick and high-strung too, and, frankly, she often gets on my nerves. But little Frank is exactly like his father—very calm and placid and easygoing, and I'm really much more fond of him.”

“Middle” Children Neglected.

There is something undeniably true in the point of view of the Practical Mother. It is possible that in one of her children a mother may find a more congenial and responsive nature than in any of the others. But the question is not whether it is natural for her to feel such a preference, but whether she is justified in letting it

THE KINDERGARTEN DEVELOPS CHARACTER.

At the recent meeting of the department of superintendence of the National Education association, Superintendent H. S. Weet of Rochester, New York, said:

“Education for citizenship in this country makes a peculiar demand for the development of character qualities. If an approach to the American ideal means anything it means a growth in our appreciation of the fact that liberty is the right to do as we ought and not as we may wish. We believe in the kindergarten primarily because of its possibilities for beginning and effectively continuing just this appreciation. Child instincts are dominant at the age of four. To the kindergarten is entrusted the great responsibility and the most delicate task of so balancing self-expression and self-repression as to develop a human personality that is at the same time self-sufficient and yet helpful and co-operative.”

affect her attitude toward her children so that the fact becomes noticeable to other people and even to the children themselves.

In large families, we frequently see parents who give a certain prestige and power to the eldest, permitting him to dictate to the whole family. Even more frequently we see parents, but especially mothers, who favor the youngest child, granting him greater consideration though expecting less from him than from the others; in short, petting him all through her lifetime. “Middle children” are seldom the recipients of extra favors unless in the case of an only girl or an only boy in a family of the opposite sex. I recall one little incident of a stepfather of one girl and five boys which I thought quite touching. He had a beautiful book which they all wanted very much but which they refused to own together. Naturally, he was uncertain to whom he should give the book, but finally, handing it to the third boy, he said, “I'm sorry I haven't a book for each one of you, but I think I'll give this to you, Harry. You aren't the oldest and you aren't the youngest and you aren't the only girl, so you don't get many extras.” Then, patting him on the shoulder, he added with a smile, “Besides, I was a middle child, myself.”

Partiality Should Be Avoided.

Parents should watch very carefully to avoid partiality, for if they do not, the moment is sure to come when the children will discover it. As soon as any such partiality becomes evident, the favored child is apt to become “spoiled,” and the seeds of that ugly quality of jealousy are sown in his sisters and brothers.

A child's nature should be allowed to unfold in the sunny atmosphere of love and trust. By studying his needs, parents can help to bring out the best in him, thus forestalling that coldness and lack of sympathy which we regret to see between parents and those adult children whose attitude toward life is embittered because, when they were young and affectionate, they were subjected to the chilling effect of the consciousness that a little sister or brother always stood first in their parent's

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RISES IN DEFENSE OF FLIRT

According to English Author, Fickleness Is Simply Natural Desire to Be Liked by All.

“I like being adored,” she said, “even though I dislike the person who adores me.”

“You can express that more simply by saying, ‘I'm a flirt,’” said Philip. “But it's such an ugly word. Besides, everyone likes being adored; everyone is a flirt in that sense. It's only the people who never are adored who call it flirting. They would like to be adored, but as they can't, they call the rest of us rude names. But it's no use going about trying to be adored because nobody has the least idea as to how to set about it. It's not the least use being kind and honest and amiable, for that only makes you mildly popular, while the most disagreeable people get worshipped. And it isn't any good being beautiful. I dare say beauty hurries people up, because there is obviously something rather attractive about it, but it's not a bit of good by itself. Perhaps brains have got something to do with it, or is there a sixth sense which directs it all?”—From “Lovers and Friends,” by E. F. Benson.

Hail Men With “Pep.”

“Men with ‘pep’ rush in where angels fear to tread.” Even “in the piping times of peace” they cast “modest stillness and humility” to the fourth remove and “let their action imitate the tigers.” They advance upon our civilization like an army with banners. “Brashness” we used to call it, with affectionate contempt and tender pity; “pep” we hail it now, and laud it with loud hosannas.—Henry Ford's Dearborn Independent.

Remember Thou Our Good Deeds.

Remember me, O my God, concerning this, and wipe not out my good deeds that I have done for the house of my God.—Neh. 13:14.

Lots more people would want to live in the suburbs were it improper to do it.

“Drive thy business; let not thy business drive thee.”—Franklin.

NOTED PRELATES IN LONDON

Leo XIII and Pius XI Said to Have Been Familiar With the British Metropolis.

The new pope, Pius XI, visited London as well as Oxford in early life, in the latter place especially the great Bodleian library naturally attracting such a great scholar. He was himself librarian of the great Vatican library, and known everywhere as a booklover.

It was said that the late Pope Leo XIII knew his way about London better than a great many natives, as he had spent much time there before being raised to the papacy, exploring the slums and other problems in the metropolis.

Pope Leo XIII was the only one of that exalted rank who ever sat in the British house of commons and in the distinguished strangers' gallery, at that. He also is said to have enjoyed the hospitality of Lord Palmerston under that distinguished statesman's own roof. That was, of course, before his exaltation to the papacy.

Day-Long Disimilarity.

A negro couple stood once again before the probation officer.

“Now, this,” the officer said to both, “seems to me to be a case where there is nothing very much the matter except that your tastes are different. You, Sam, are much older than your wife. It is a case of May married to December.”

A slight pause, and then Eva, the wife, was heard to remark in a tired voice:

“I—I really don't know what you means by yer sayin' May is married to December. If yer goin' to talk that way, it seems to me to be a case of Labor Day married to de Day of Rest.”—From Everybody's.

The Hardest Ever.

The Professor—“The diamond is the hardest known substance, inasmuch as it will cut glass.” The Cynic—“Glass! My dear sir, a diamond will even make an impression on a woman's heart.”—Town Topics.

He who works when he does not have to work, will not have to work when he does not want to work.

RATHER PUT HIS FOOT IN IT

Callier's Comment on Matter of Time Somewhat Embarrassing to All Parties Concerned.

We had been spending the evening with acquaintances with whom we had but little in common. In consequence, the time seemed to drag interminably, and when my wife asked me the time I glanced thankfully at my watch.

The hands indicated 9:30. I looked again, shook it and held it up to my ear.

“Funny,” I muttered, “the darn thing seems to have stopped. According to this it's only 9:30.”

The hostess laughed a little as she referred to her watch. “That's exactly the time I have, too, and that's the time the clock over there on the piano says. I guess, maybe—she didn't finish, but merely laughed.

Since then when she asks the time, I tell it without any comment. It's less embarrassing.—Baltimore American.

See Wealth in Vanilla.

According to government authority, the production of vanilla beans in Mexico may become a source of enormous revenue. It is asserted that no other country affords the opportunities for successful vanilla growing as Mexico. It already ranks ahead of all other countries in annual output of the beans, it is declared, although as yet very little attention has been paid to the industry. In the region around Tuxpan on the gulf coast the vanilla plant is found all through the tropical forests. It is a climbing orchid and does not require any attention beyond the gathering of the fragrant and valuable beans.

Assets Named.

Lawyer (to colored prisoner)—Well, Ras, so you want me to defend you. Have you any money?

Rastus—No, but I've got a mule and a few chickens and a hog or two.

Lawyer—Those will do very nicely. Now, let me see, what do they accuse you of stealing?

Rastus—Oh, a mule and a few chickens and a hog or two.—London Tittles.

Spohn's Distemper Compound



Spohn's Distemper Compound will knock it in very short time. At the first sign of a cough or cold in your horse, give a few doses of “SPOHN'S.” It will act on the glands, eliminate the disease germ and prevent further destruction of body by disease. “SPOHN'S” has been the standard remedy for DISTEMPER, INFLUENZA, PINK EYE, CATARRHAL FEVER, COUGHS and COLDS for a quarter of a century. On sale at all drug stores in two sizes. SPOHN MEDICAL COMPANY GOSHEN, INDIANA

Puzzling. A gentleman of foreign birth, recently in Indianapolis, was telling a party of friends some of the difficulties encountered in mastering our language.

“Now, for instance,” said he, “you say b-o-u-u-h spells bough. Then e-o-u-g-h spells cough. According to the pronunciation given bough, if I should have a severe cold, would I say I had a cough in my chest?”

A good many bachelors are wearing socks with peckaboo toes and heels.

Matter of Luck.

“Rastus,” said the judge, “I want you to come clean. Were you in that chicken coop?”

“Ah was, boss; 'deed Ah was. But Ah did nothing wrong.”

“Didn't you steal a chicken?”

“Yes, Ah did. Ah counted thirteen birds, and Ah 'cided that was an unlucky number fo' the man to have.”—Judge.

There are other things more interesting than dollars in this world if we but look around for them.



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Ever Thus. Husband and wife were at ft, hammer and tongs. “The trouble is,” said he in exasperation, “that you will spend all my money on unnecessary clothes simply to look fashionable.” “You men are so inconsistent,” she answered. “You ought to know that unnecessary clothes are most unfashionable at the moment.”

Live well today, prepare for tomorrow, save for next year.

Synonymous.

“Mr. Gloom,” sternly asked Tennyson J. Daft, the versatile versificationist, “did you tell Mrs. Clatter at the reception that you considered my poems supremely silly?”

Reporters are always influenced by their knowledge that hardly ever is anything exactly as it's told.

The man is very poor who has nothing that he cannot lose.

She Discovered It, Too

“After 10 years of hit or miss baking with various other brands of powder I at last discovered that the bitter taste sometimes found in hot breads was caused from alum in cheaper grades of powder. So I am now an ardent booster for Royal Baking Powder.” Mrs. L. A. J.

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Mr. Jenkins Took a Cracked Club To Tame Lions



The exhibition ended rather badly. It very nearly was a big day for the lions and a sad day for Mr. Jenkins—all for want of proper care in getting ready.

Many a man who has business to do and a living to make and a job to fill is as careless how he feeds his body as Mr. Jenkins was in picking out a club.

Some foods are too heavy, some are too starchy, many lack necessary elements and so starve the body—and many load the system down with fermentation and auto-intoxication.

Grape-Nuts helps build health and strength. It contains the full richness of wheat and malted barley, including the vital mineral elements, without which the body cannot be fully sustained. Grape-

Nuts digests quickly and wholesomely. Served with cream or good milk, it is a complete food—crisp and delicious.

Grape-Nuts is just the food for those who care to meet life's situations well prepared in health. Order Grape-Nuts from your grocer today. Try it with cream or milk for breakfast or lunch, or made into a delightful pudding for dinner.

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