

WOMEN OF MIDDLE AGE

Much Interest Being Shown in the Large Number of Women Safely Carried Through the Change of Life by Lydia E. Pinkham's Vegetable Compound

The Following Letters Are Impressive

Owing to modern methods of living, few women approach this perfectly natural change without experiencing very annoying and often painful symptoms. Those dreadful hot flashes, nervousness, headaches, melancholia and irritability are only a few of the symptoms incident to this trying period of a woman's life, and the following letters prove the value of Lydia E. Pinkham's Vegetable Compound to overcome these abnormal conditions.

"Fisherville, Ky.—"For several months I was under the doctor's care as he said my nervousness, chills, hot flashes and weakness was caused by the change of life, but I did not seem to get any better. I was not able to work and spent most of my time in bed. A friend called to see me and asked me to try Lydia E. Pinkham's Vegetable Compound, and I cannot tell you how much good the medicine did me, as I had such a hard time before taking it. I can only advise every woman passing through the change of life to take Lydia E. Pinkham's Vegetable Compound, as it did so much for me."—Mrs. EDWARD B. NEAL, Star Route, Fisherville, Ky.

Lydia E. Pinkham's Private Text-Book upon "Allments 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.

A Michigan Woman Helped

Ionis, Michigan.—"I was passing through the change of life and had been under the doctor's care without any relief. A friend in Lansing, Mich., asked me to try Lydia E. Pinkham's Vegetable Compound and I feel fifty per cent better already. If any one in this condition doubts the ability of Lydia E. Pinkham's Vegetable Compound to help them I will gladly answer their letters."—Mrs. MAX W. HAHN, 637 N. Jefferson Street, Ionis, Mich.

A New York Woman Helped

Syracuse, N. Y.—"I was used up with nervousness, weakness and hot flashes so I could hardly keep around, and could not get out much on account of those awful prickly feelings. I read about Lydia E. Pinkham's Vegetable Compound helping another woman with symptoms like mine. My husband got some for me, and after taking it five months I can get around and even do my housework, washing and ironing included, and my friends can see what a change it has made in me."—Mrs. SIDNEY HUMPHREY, 826 1/2 Burnet Avenue, Syracuse, N. Y.

Lydia E. Pinkham's Private Text-Book upon "Allments 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.

Right Man Must Be There.

Chance in manifold instances has befriended man. Only—it is necessary that the right man should be on the spot at the right time. In invention and discovery as elsewhere, some men can take a hint and others never see it.—Exchange.

Cuticura Soothes Itching Scalp.

On retiring gently rub spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with Cuticura Soap and hot water. Make them your everyday toilet preparations and have a clear skin and soft, white hands.—Advertisement.

Regret is the sorrowful child of not having done your best.

Three Queens Her Guest.

Mrs. E. C. Tylden of Sandringham was the proudest woman in all England when she celebrated her one hundredth birthday and had as her guests three queens. Queen Mary called first to offer her congratulations, and later in the day Queen Alexandra and Queen Olga of Greece honored her with a visit.

"O Happy Day" sang the laundress as she hung the snowy wash on the line. It was a "happy day" because she used Red Cross Blue.—Advertisement.

It is a great, grand accomplishment to differ in opinion without raising one's voice.

IMPROVED UNIFORM INTERNATIONAL

Sunday School Lesson

(By REV. F. B. FITZWATER, D. D., Teacher of English Bible in the Moody Bible Institute of Chicago.)
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LESSON FOR APRIL 29

RUTH THE FAITHFUL DAUGHTER

LESSON TEXT—Book of Ruth. GOLDEN TEXT—Thy people shall be my people and thy God my God.—Ruth 1:16

PRIMARY TOPIC—The Story of Ruth. JUNIOR TOPIC—Ruth and Naomi. INTERMEDIATE AND SENIOR TOPIC—Ruth's Choice and Its Outcome. YOUNG PEOPLE AND ADULT TOPIC—The Secret of Ruth's Noble Life.

1. Ruth's Connection With Naomi (Chapter 1:1-15). On account of famine in Bethlehem of Judah, Naomi with her husband and two sons sojourned in the land of Moab. After the death of her husband her two sons married Moabish women. After a time her sons died also. After the death of her sons Naomi resolved to return to her homeland, having heard that the Lord had visited His people in giving them bread. They went to Moab to escape trouble but only got into more. It was not until Naomi was thus chastised that she resolved to return. Naomi had the good sense to recognize that the hand of the Lord was upon her for good. When the time came for her to go Ruth and Orpah accompanied her, for a distance. This she permitted but determined to place before them frankly the difficulties which would necessarily confront them. It was this frank presentation of the difficulties and her repeated urging them to go back that called forth from Ruth the expression of her noble choice.

II. Ruth's Noble Choice (1:16-18). Much as Naomi loved her daughters-in-law, she would not have them go into this matter blindly. She told them the worst that could come upon them. This principle ought to be carried out by us in all our relations in life. In business the spirit of frankness should be manifest. At home we should deal with each other in the most straightforward way. The same thing should characterize our behavior in the church and society. Note the difficulty which confronted Ruth:

1. No Chance to Marry Again. Naomi told her that she had no more sons for whom she could wait. In that day to be unmarried was the greatest disgrace. Society differed then from now.

2. She Must Renounce Her Gods. Her idolatrous worship could not be carried on in the land where God's people dwelt. This was delicately touched upon when Orpah went back (v. 15). Orpah went back when it was plain there was no chance to get a husband. Now Naomi puts an additional test upon Ruth, that of giving up her religion. Ruth was equal to the occasion. Her mind was fully made up. She was willing to accept as her God the one who was able to produce in his subjects the nobility of character she had observed in Naomi. Naomi's very frankness in dealing with her caused Ruth to be more determined to cast her lot with her. Ruth's position was so definite and unflinching that the very expressions have come down to us in words which "no poetry has out-rivalled, and which has gone through centuries with the music that will not let them be forgotten." She was determined to share Naomi's journey, her home, her lodge, her lot in life, and her grave in death, whatever that would be. To crown it all she would renounce her heathen gods and worship Jehovah.

III. Blessings Which Attended Ruth's Faithfulness. Ruth was never sorry for her choice, because—

1. She Found the True God (1:16). Instead of her heathen gods who were unable to help her she now had a living God, the God of Israel, as her God.

2. She Found Human Friends, (Chapter 2). As she went to glean in the field she was led to the field of Boaz, a man of wealth and grace. The servants of Boaz treated her with consideration. Even Boaz gave instructions for special consideration to be given her.

3. A Good Husband and a Happy Home (3-4). She not only secured a husband, but a man of God who had an abundance of this world's goods.

4. An Honored Place in the Israelitish Nation (4:13-17). Though she had to forsake her own people she became one of a nobler people.

5. She Became a Link in the Chain of Christ's Ancestry (4:18-22 compare Matthew 1:5). The one who fully decides for Christ and gives up all for him shall get a hundred-fold in this life, and in the world to come, eternal life.

Sharing Misfortunes. Some people think that all the world should share their misfortunes, though they do not share in the sufferings of any one else.—A. Pinchot.

Those Who Mean to Be True. Those who honestly mean to be true contradict themselves more rarely than those who try to be consistent.—O. W. Holmes.

Fearless Minds. Fearless minds climb soonest unto crowns.—Shakespeare.

DOES HOUSEWORK LIKE IT WAS PLAY

Mrs. Little Declares Tanlac Restored Full Strength After Overcoming Indigestion.

"Since taking Tanlac my troubles have left me, and I never tire of telling about it," declares Mrs. Johanna Little, 3032 N. 17th St., Kansas City, Mo.

"My food often caused me much distress from gas, sourness and heartburn, and I scarcely ever wanted to eat. Headaches, biliousness and pains in my back kept me in hot water, and I hardly ever got any restful sleep. My nerves were excited and I was so run down that all I could do to look after my housework.

"I searched the city for the right medicine, and consider it fortunate that I found Tanlac. Indigestion, sleeplessness and nervousness never bother me now, I can do my housework like it was play, and am strong and happy. Tanlac is simply grand."

Tanlac is for sale by all good druggists. Over 35 million bottles sold.—Advertisement.

One may often wish that he dared say "good-by" with all the enthusiasm that a baby does.

WHY TAKE LAXATIVES?

Discovery by Science Has Replaced Them.

Pills and salts give temporary relief from constipation only at the expense of permanent injury, says an eminent medical authority.

Science has found a newer, better way—a means as simple as Nature itself.

In perfect health a natural lubricant keeps the food waste soft and moving. But when constipation exists, this natural lubricant is not sufficient. Doctors prescribe Nujol because it acts like this natural lubricant and thus secures regular bowel movements by Nature's own method—lubrication.

As Nujol is not a medicine or laxative, it cannot gripe and, like purgative, it is harmless and pleasant.

Nujol is used in leading hospitals. Get a bottle from your druggist today.—Advertisement.

Railway Seismographs.

An indication of the swift progress of the Japanese mind in practical science is afforded by Doctor Omori's report on the measurement of the vibrations of railway cars by means of seismographs. The primary purpose of the seismograph is to measure the oscillations of earthquakes. Japanese engineers use it for determining the proper balance of locomotives and the state of the permanent way of railways. Many practical advantages in the saving of fuel and the detection of faults in construction have thus resulted.

"There's a Reason."

Taylor Moore, who for many years has been a deputy assessor for Center township, in which Muncie is situated, volunteers the interesting announcement that there are no dogs in that city, notwithstanding the visible evidence of many dogs playing about the streets.

"I have been assessing steadily every day since March 1," said Moore, "and have yet to find a person that owned a dog."—Indianapolis News.

Flattery will open a woman's heart much quicker than it will a man's purse.

Nearly 2,000 women in the United States are practicing dentistry.



Canada Offers "Last Chance" for Virgin Farms

THINK of what you could produce on a farm of virgin fertility, without the burden of high-acreage cost. Think of what 20-to-40 bushel wheat would mean to you under these conditions, and of dairying and stock raising on cheap pasture land. Land pays for itself in a few crops—no artificial fertilizer—no heavy investment. You have envied the farmer who got his start when land was cheap. Here's your chance, perhaps your last chance, for the same brand of prosperity.

Western Canada—Special Renter's Plan—Buy Out of Profits

Western Canada is the farmer's land of opportunity. Thousands of settlers who started not many years ago with little or nothing, are today the owners of fine farms, with comfortable homes and barns, thorough stock, dairy herds—all the marks of prosperity. Yet land is not dear—only \$15 to \$20 an acre for rich, virgin, prairie convenient to railways. Land is not dear in Western Canada—yet—because there is so much of it. But many settlers are expected in 1923, and now is your opportunity, before the best farms are taken. Get started. Taxes are reduced, not raised, on land brought under cultivation. On farm buildings, improvements, machinery, personal effects, automobile, etc., there is no tax at all. Canada wants workers—it wants its land farmed—and the farmers, through their municipal councils, have practical control of all local taxation.

To aid and encourage the honest worker with perhaps little capital, the Canadian Government has a "Renter's Plan," whereby one may work a new or improved farm—"Try it out" for several years if desired—and buy a farm of his own out of profits.

Thirty-Two Years to Pay

For the benefit of those wishing to buy land, a national non-profit sharing organization—the Canada Colonization Association—has been established, with head office at Winnipeg, and United States office at St. Paul. This Association offers selected land convenient to railways—much of it at \$15 to \$20 per acre—on very small cash payment; no further payment until third year; balance extended over thirty years, but purchaser may pay up and obtain title at any time, if desired. Interest—six per cent.

Get the Facts—Costs You Nothing

Mail the coupon to the agent mentioned below, located nearest to you. He is the official representative of the Canadian Government, authorized to give you information and assistance, without charge, and glad to be of service to you.

Mail the Coupon Tell us something of your position, and what you are looking for, and receive a descriptive book with maps and free survey of the Canadian Government Agent in your territory; also information how special railway rates can be arranged for a trip of inspection.

Form for requesting information about Canadian farms, including a coupon and a small map of Canada.

MOON IS NOT DEAD WORLD

Restored Little Turns to Autos. The city of Lille is again taking on an aspect of prosperity, according to a report to the Department of Commerce from Vice Consul J. G. Finlay, and is fast assuming the character of a thriving center of commercial and industrial activity worthy of its synonym as capital of the north of France. A considerable change has taken place since 1921, the consul states. Stores situated in the districts not damaged are well stocked and apparently enjoying a good business and electric signs, unknown in 1921, have appeared in various parts of the business centers which give much animation to the city at night. The number of automobiles, almost imperceptible in 1921, has increased in an exceptional degree.

Recent Scientific Observations Seem to Prove Astronomers Have Long Held Wrong Idea.

Astronomers cling to the old idea that the moon is a dead world, destitute alike of air and water. But recent observations of W. H. Pickering, made at Mandeville, Jamaica, go to show that many changes occur with the alternation of lunar day and night. Great snow fields form in the mountain valleys, and then melt away; fog banks are seen and, very rarely, drifting clouds. The loftiest peaks are snow-capped. The moon's surface is pitted with volcanic craters; some of these measure 100 miles across. Each crater is surrounded by a mountain ring 1,000 to 2,000 feet in height.

According to Pickering, there are few, if any, such large and continuously active volcanic regions upon the surface of the earth. But the activity of the lunar volcanoes is now confined to the quiet emission of steam jets, like those found in Yellowstone National park. Certain variable dark areas on the moon may be due to vegetation.

Don't be impatient; it only makes people about you uncomfortable and doesn't hurry things a bit.

Righto, Percy!

"And so, children, all these modern conveniences came into being by invention," said the teacher. "And now, Percy, tell me who invented the alarm clock."

"I dunno'm," said Percy, "but if my daddy ever meets him there's going to be trouble."—Richmond Times-Dispatch.

Usually So.

"He's popular with the women, isn't he?" "Very; if you except the ones he lives with at home."

Be sure of good bread; use Yeast Foam

The knowledge of how to make bread gives a girl confidence in mastering other baking and cooking.

Send for free booklet "The Art of Baking Bread"



Northwestern Yeast Co. 1730 North Ashland Ave. Chicago, Ill.

Betwixt and Between.
"These here schoolmarmers don't know their own minds! One of 'em says Oswald's too forward, an' the other says he's backward!"—Judge.

If matrimony doesn't make a woman wise there is no hope for her.

Many a man doesn't realize how fortunate he is when the girl refuses him.

A good front starts a business as promptly as good backing.

Out of debt, out of danger.

Which Is Larger the Sun or a Cent

The sun is the largest but you can hold the cent so close to your eye that you'll lose sight of the sun. Don't let a cheap price or a big can baking powder make you lose sight of quality.

CALUMET

The Economy BAKING POWDER

Is the quality leaven—**for real economy in the kitchen, always use Calumet, one trial will convince you.**

The sale of Calumet is over 150% greater than that of any other baking powder.



THE WORLD'S GREATEST BAKING POWDER

Here's the Food-Iron Nature intended you to have



KIND and skilful Mother Nature planted under the outer coat of the kernels of her best food-grains a store of iron for human use. Many present-day foods are robbed of this and other vital qualities in the extra "refinement" of preparation.

Grape-Nuts, that famous wheat-and-malted-barley food, supplies iron, phosphates and vitamin in the natural grain; and in its splendid, well-rounded nutriment and easy digestion it is a wonderful builder of health and energy.

There's a delightful charm of crispness and flavor to Grape-Nuts—a welcome serving at any meal. Ready to serve, with cream or milk.

Order from your grocer today. There are many servings, providing exceptional nourishment, in a package of this truly economical food.



Grape-Nuts THE BODY BUILDER

"There's a Reason"

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