

CRITICAL TIME OF WOMAN'S LIFE

From 40 to 50 Years of Age. How It May Be Passed in Safety.

Odd, Va.:—"I am enjoying better health than I have for 20 years, and I believe I can safely say now that I am a well woman. I was reared on a farm and had all kinds of heavy work to do which caused the troubles that came on me later. For five years during the Change of Life I was not able to lift a pail of water. I had hemorrhages which would last for weeks and I was not able to sit up in bed. I suffered a great deal with my back and was so nervous I could scarcely sleep at night, and I did not do any housework for three years.

"Now I can do as much work as any woman of my age in the county, thanks to the benefit I have received from Lydia E. Pinkham's Vegetable Compound. I recommend your remedies to all suffering women."—Mrs. MARTHA L. HOLLOWAY, Odd, Va.

No other medicine for woman's ills has received such wide-spread and unqualified endorsement. We know of no other medicine which has such a record of success as has Lydia E. Pinkham's Vegetable Compound. For more than 30 years it has been the standard remedy for woman's ills.

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (Confidential) Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.

His Coming Out.

A fond Chicago mother is to give a coming-out party for her son. Of course, we have no means of knowing the youth, but we fancy he must be exactly that kind of son—and we await with bated anxiety a full description of his coming-out costume. What will be done with the gentle youth after this severe social ordeal isn't stated, but it can be believed that he is to be rushed around to all sorts of society functions—and, of course, carefully guarded against the matrimonial designs of fortune-hunting females.

Modern Journalism.

Arthur Brisbane, the editor, praised, at a dinner in New York, the educative value of moving pictures.

"But, of course," he said afterwards, "the moving picture will never equal the newspaper as an educative force. The newspaper not only reports news—in dull seasons it makes news as well. A famous editor put this news-making feature very neatly before a cub reporter when he said: 'If a dog bites a man it isn't news. But, if a man bites a dog, it is. When ever you can't find a man biting a dog, go and bite one yourself.'"

Frame-Up.

One day Freddie and his sister sneaked surreptitiously into the pantry on a foraging expedition. The only good things to eat they could find were some cookies and a bowl of whipped cream.

"Let's take the cookies," said his sister.

"I'd rather have the cookies myself," replied Freddie, "but if we took them we'd be sure to get caught. The only safe thing to do is to take the cream and then shut the cat up in the pantry."

Ought to Be All Right.

Mr. Bacon—Something wrong with this hash this morning, dear?
Mrs. Bacon—Why?
"I don't know. It needs something."
"I can't think what it can be. I put in everything I could find."

Something Extra Good

For Breakfast, Lunch or Supper—

Post Toasties

Served direct from package with cream.

Surprises Pleases Satisfies

"The Memory Lingers"

Sold by Grocers.

(Postum Cereal Company, Limited, Battle Creek, Michigan)

Things For Daughters To Do.

Do your best to keep mother youthful in appearance as well as in spirit by taking pains with her costume and the little details of her toilet.

Don't shock or pain her by turning into ridicule her religious prejudices, if they happen to be at variance with or seem narrow to your own advanced views.

Introduce all your friends to mother and enlist her sympathies in youthful projects, hopes and plans, so that once again she may re-live her own youth.

Talk with her about your work, your studies, your friends, your amusements, the books you read, the friends you visit; remember, everything that concerns you is of interest to her.

If she is no longer able to take her accustomed part in the household duties, never allow her to feel she is superannuated or lost her importance as the central factor of the home.

Remember that her life is monotonous as compared to yours; take her to places of amusement or for an outing in the country or neighboring cities as frequently as possible.

The girl who is ever endeavoring to repay even in a slight measure what she owes to her mother will be the one most sought after by the people who are worth knowing, and to one her life will be the successful one.

Bear patiently with all her peculiarities and infirmities, which, after all, may be the result of a life of care and toil.

Consult and seek her advice in regard to whatever you are about to do, though quite convinced of the wisdom of your course.

Defer to her opinions and treat them with respect, even if they seem antiquated to the up-to-dateness of your college education.

Manifest an interest in whatever affects or amuses her.

Seek her comfort and pleasure in all things before your own.

Do not forget that, though she may be old and wrinkled, she still loves pretty things.

Make her simple gifts and be sure they are appropriate and tasteful.

Remember she is still a girl at heart so far as delicate little attentions are concerned.

Give her your full confidence and never do anything of which you think she will disapprove.

Make her a partaker, so far as the disparity in age will permit, in all your pleasures and recreations.

Lift the many burdens from the shoulders that have grown stooped in waiting upon and working for you.

Never intimate by word or deed that your world and hers are different or that you feel in any way superior to her.

6. They have been ironed while wet with a very hot iron.

SHORT CUTS FOR THE HOUSEKEEPER

To Wash Woolen Goods.

The washing of woolen goods is quite an art. The cumbersome and unhygienic undergarment of the past has been entirely superseded by neatly fitting garments of lighter and more generally open material, yet affording the necessary warmth and absorption of perspiration. For want of a little knowledge such goods are easily spoiled.

An excellent way of washing woolens and blankets is to use borax in the water. It keeps wool from shrinking and colors from streaking and not only cleanses thoroughly, but also antiseptically. The following is the best possible modern way of washing blankets and fine woolens: Fill a tub full of warm water. Add two large tablespoonfuls of borax and enough soap jelly to make a good suds. Throw a blanket in and squeeze it gently. Do not wring with the hands, and by no means should a board be used, else the fleecy surface will mat into hard little lumps and the blanket be ruined. Rub between the hands gently, and send through a rubber wringer into a second tub of water of the same temperature, and with borax and soap added. Each rinsing water must be of the same temperature, and even the last must contain borax and a little soap.

To prevent shrinking, woolen goods must be dried very quickly, and much of the moisture can be shaken out. The shaking also raises the pile of the wool and makes it soft. See that such things are pulled into their natural shape before they are thoroughly dry, and hang in the air, but not in the sun. If drying indoors must be resorted to, do not hang too near the fire nor in too great heat. If the slightest stream rises from woolens when they are drying there is too much heat. Shavings ought to be pinned on sheet or carpet, or on a felt or blanket and thrown over the line. Wool when wet is plastic, retaining almost any shape into which it may be drawn; hence special care must be taken to keep woolen garments in good shape during the process of washing and drying.

A white sweater should be washed in tepid suds with white soap, then rinsed in warm water and pressed dry, but not squeezed. Lay it upon a sheet to dry, but do not hang it up, or it will drag out of shape. When dry, put it on the shoulders and stretch it.

Stretch the collar into proper proportions and pull down the sleeves. Fasten one button at the top, stretch the hips into shape, and then button from the lowest button upward, getting some one to pull the sweater even around the extreme edge. If this is done, the sweater will have a good shape. A dyed sweater should be cleaned in like manner.

Fine white flannels may be pressed with a cool iron on the wrong side, or on the right side if a piece of muslin is laid over it first, as this will make them smoother and show up the soft, woolly surface. It is a pity to deprive it of this by ironing, especially in the case of garments that are worn as undergarments. They should, instead, be well shaken and pulled into shape, folded evenly, aired carefully and put away.

Same reasons why flannels shrink: 1. Soap has been rubbed on them instead of soap jelly being used.

2. They have either been washed or rinsed in water too hot or too cold.

3. They have been allowed to lie about wet, instead of being hung up to dry immediately.

4. They have been dried too slowly.

5. They have been dried so close to an open fire that they steamed.

Fancy Blouses.

There is no end of odd designs in fancy blouses, some of which look just as if the maker had run short of materials and the garment had to be pieced out with other goods and patched together with scraps of odd lace. Persian designs with red in combination with soft light shades are used with plain white and give a stunning effect. Sometimes the upper yoke of the design forms a sort of yoke with the entire lower waist and sleeves of plain white material. Blue over white is a favorite color scheme.

Some of the new dress garteries are really not boleros, resplendent with jewels, spangles and beads. They are so elaborate as to suggest the glitter of the stage dancer, but are not over-gorgeous when worn with the dark gown of simple lines. A good device in making over the last year's dress is to use the little bolero of embroidery. It will make an old waist look very smart. Oriental embroideries may be used in this way to good advantage. The most economical and satisfac-

tory way of obtaining a hand-embroidered shirt waist is to purchase a ready-made waist with machine-embroidered design, and work over it with embroidery by hand, thus saving stamping, padding and making of the waist. A blouse embroidered in this way is just as truly hand-embroidered, with the added advantage of being quickly and accurately done.

Half the pattern for the lower part of a fancy apron is published. This must be duplicated to make the whole apron. The entire bib pattern is given. The scallops must be well padded and closely buttonholed. The design is done in the Wallachian embroidery which consists in a close buttonhole stitch, with the pointed edge brought to the outside. The apron and bib are started in the center of the figure and stitched into a narrow waist band which is finished by long ties. Colored or white mercerized cotton No. 10 should be used. If the apron is too short, extra scallops may be added at the top.

AFTER NEWS.



The Medium—Ah, beautiful lady, you have come to find your future husband; is it not so?

The Lady—Not much; I've come to find where my present husband is when he's absent.

Happiness Postponed.

An awkward predicament in which a sailor bridegroom and his bride were placed in St. Mary Major's church, Exeter, Devonshire, England, recently, caused the postponement of their wedding. The bans had been duly called at the church, but when the parties presented themselves at the altar the bridegroom, who had been recently paid off from his ship at Portsmouth, was unable to produce the necessary permission from his commander. The bride swooned, and eventually returned home, while the bridegroom left for Plymouth to get the required document.

Perpetual Worth.

"Why are you never married again, Aunt Sallie?" inquired Mrs. McClane of an old colored woman in West Virginia.

"Deed, Miss Ellie," replied the old woman earnestly, "dat dild nigger's wuth moah to me dan a live one. I gits a pension."—Lippincott's.

Same Old Story.

She—How did they ever come to marry?

He—Oh, it's the same old story. Started out to be good friends, you know, and later on changed their minds.—Puck.

HANDS BURNED LIKE FIRE

"I can truthfully say Cuticura Remedies have cured me of four long years of eczema. About four years ago I noticed some little pimples coming on my little finger, and not giving it any attention, it soon became worse and spread all over my hands. If I would have them in water for a long time, they would burn like fire and large cracks would come. I could lay a pin in them. After using all the salves I could think of, I went to three different doctors, but all did me no good. The only relief I got was scratching.

"So after hearing so much about the wonderful Cuticura Remedies, I purchased one complete set, and after using them three days my hands were much better. Today my hands are entirely well, one set being all I used." (Signed) Miss Etta Narber, R. F. D. 2, Spring Lake, Mich., Sept. 26, 1910.

Although Cuticura Soap and Ointment are sold everywhere, a sample of each, with 32-page book, will be mailed free on application to "Cuticura," Dept. L, Boston.

Possibly Willing to Assist at It.

At a little party John T. McCutcheon consented to do a little impromptu chalk talking, with the presidential possibilities for his subject. McCutcheon had made several hits. One of the party, chuckling, leaned over to another, a Democrat. "Pretty good, isn't it?" he asked. "What do you think of his execution?"

"I think it would be a darned good thing," replied the Democrat.

Costly Necessities.

A woman who wants alimony says her face powder costs her \$400 a year.

We shudder to think what she must spend for tooth paste.

Or hairpins.

Or shoestrings.

There is one thing certain. The husband with a wife like that should deal directly with the factories and cut out the middleman.

Instead of liquid antiseptics, tablets and peroxide, for toilet and medicinal uses, many people prefer Paxtine, which is cheaper and better. At drug stores, 25c a box or sent postpaid on receipt of price by The Paxton Toilet Co., Boston, Mass.

Whenever some preternaturally smart zig tells us that he's got our number we wonder where he got his adding machine!

Nothing disappoints some women more than to not be disappointed in a new neighbor.

A remedy that has stood the test of time is worth trying. Garfield Tea relieves liver, kidney and stomach troubles.

Avoid the race course if you would keep on the right track.

WILES CURED IN 6 TO 14 DAYS

Your druggist will refund money if PAXO QUINT-MEWE fails to cure any case of Itching, Blind, Bleeding or Protruding Piles in 6 to 14 days. 60c.

Measure the depth of the water before making your dive.

There is no excuse for the dyspeptic, with Garfield Tea accessible at every drugstore.

Even a wise man never gets over being a fool to a certain extent.

THE SAFE LAXATIVE FOR ELDERLY PEOPLE

Most elderly people are more or less troubled with a chronic, persistent constipation, due largely to lack of sufficient exercise. They experience difficulty in digesting even light food, with a consequent belching of stomach gases, drowsiness after eating, headache and a feeling of lassitude and general discomfort.

Doctors advise against cathartics and violent purgatives of every kind, recommending a mild, gentle laxative tonic, like Dr. Caldwell's Syrup Pepsin, to effect relief without disturbing the entire system.

Dr. Caldwell's Syrup Pepsin is the perfect laxative, easy in action, certain in effect and, without, pleasant to the taste. It possesses tonic properties that strengthen the stomach, liver and bowels and is a remedy that has been for years the great standby in thousands of families, and should be in every family medicine chest. It is equally as valuable for children as for older people.

Druggists everywhere sell Dr. Caldwell's Syrup Pepsin in 50c and \$1.00 bottles. If you have never tried it send your name and address to Dr. W. B. Caldwell, 201 Washington St., Monticello, Ill., and he will be very glad to send a sample bottle for trial.

Severely Witty.

"Henry," remarked Mrs. Henry Peck, "we are going to have some company this evening, and I do wish you would brighten up and look less like an honorary pallbearer. Say something humorous."

The company came, and with a few preliminary coughs and winks, which were intended to announce to his wife that the witticism was about to be perpetrated, Henry said timidly:

"Mary."

"Yes, dear, what is it?" asked Mrs. Peck expectantly.

"Have you got all of your hair on this evening?"—Boston Globe.

He Shut the Shutters.

"Willie, didn't I tell you to shut that shutter?" said Mrs. Boggs.

"The shutter's shut," replied Willie, "and I can't shut it any shutter."

The Way to Win.

"The rain was coming down in sheets."

"I noticed it was in the bed of the streets."

Important to Mothers

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the

Signature of *Wm. L. Chas. H. Fletcher* In Use For Over 30 Years.

Children Cry for Fletcher's Castoria

Spendthrift.

Uncle Ezra—Do you think the money young Eph Hoskins made down in New York will last him long?

Uncle Eben—You bet it won't! He's going at an awful pace. I was down in the general store last night, and young Eph was writing \$100 checks and lighting his cigars with them.—Puck.

Most of 'Em Do.

"You certainly started out with fine prospects. Your credit was good everywhere in town."

"That's why I failed."

All of That.

"Who is Nat Goodwin?"

"He's the center on the All-America marriage team."

TO CURE A COLD IN ONE DAY

Take LAXATIVE BROMO Quinine Tablets. Druggists refund money if it fails to cure. E. W. GILROY'S signature is on each box. 25c.

If a can is honest he doesn't have to use a megaphone to advertise the fact.

Mrs. Whalow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c a bottle.

You are only what you are when no one is looking.

"Pink Eye" is Epidemic in the Spring. Try Murine Eye Remedy for Reliable Relief.

Some men haven't sense enough to stop borrowing when they strike oil.

Constipation can be cured without drugs. Nature's own remedy is Garfield Tea.

There's room at the top because somebody is always coming down.

Woman's Power Over Man

Woman's most glorious endowment is the power to awaken and hold the pure and honest love of a worthy man. When she loses it and still loves on, no one in the wide world can know the heart agony she endures. The woman who suffers from weakness and derangement of her special womanly organism soon loses the power to sway the heart of a man. Her general health suffers and she loses her good looks, her attractiveness, her amiability and her power and prestige as a woman. Dr. R. V. Pierce, of Buffalo, N. Y., with the assistance of his staff of able physicians, has prescribed for and cured many thousands of women. He has devised a successful remedy for woman's ailments. It is known as Dr. Pierce's Favorite Prescription. It is a positive specific for the weaknesses and disorders peculiar to women. It purifies, regulates, strengthens and heals. Medicine dealers sell it. No honest dealer will advise you to accept a substitute in order to make a little larger profit.

IT MAKES WEAK WOMEN STRONG, SICK WOMEN WELL.

Dr. Pierce's Pleasant Pellets regulate and strengthen Stomach, Liver and Bowels.

20 Pretty Rooms in this FREE BOOK

Wall and how to decorate them

—don't you want to see them? Peep into other people's new homes and get the latest ideas for your own decorating. Our book tells about the FREE Color Plans our expert designers will send you for any rooms you wish to decorate. You will be glad to know more about

Alabastine

The Beautiful Wall Tint

so exquisite in color and quality it is used in the most expensive modern homes though it costs far less than wall paper or paint. Kalmian colors appear harsh and crude beside the soft-tinted Alabastine tints. Goes furthest on the walls and is easiest to use. Full directions on every package—simply mix with cold water and put on. Does not chip, peel or rub off. 16 Beautiful Colors and—

With our Color Plans you can easily have the most artistic home in your neighborhood.

Send for our FREE BOOK Full 5 lb. pkg. White 50c. Regular Tints 55c.

Alabastine Company 52 Grandville Road, Grand Rapids, Mich. New York City, Desk 2, 165 Water St.

A Pointed Argument

Galva-nite Roofing is the cheapest in the long run for it never needs painting or repairs.

First Coat—Last Coat—Triple asphalt coating and weatherproofed both sides with an armor plating of Galva-nite. Gives protection against fire and lightning.

GALVA-NITE

The Ideal Roofing for any kind of a building in any kind of a climate. Has stood the "Test of Time."

It is put up in rolls of 108 sq. ft. with zinc-coated, galvanized nails, cement and illustrated directions sheet.

Ask your dealer for Galva-nite Roofing or write to us for samples and booklets. Galva-nite Roofing is made in quantities of 100,000 and 500,000 lbs. inside of an Outside Proprietary.

Ford Mfg. Co. Chicago, Ill. St. Louis, Mo. Kansas City, Mo.

44 Bu. to the Acre

is a heavy yield, but that's what John Kennedy of Edmonton, Alberta, Western Canada, got from 26 acres of Spring Wheat in 1910. Report from other districts in that province.

100 bushels of wheat per acre, 150 acres, or 15,000 bushels, per acre, 25,000 and 50,000 bushels per acre were numerous. As high as 123 bushels of oats to the acre were reported from Alberta fields in 1910.

The Silver Cup

At the recent Spokane Fair was awarded to the exhibitor Government for his exhibition of grain, grasses and vegetables. Reports of excellent yields for 1910 come also from Saskatchewan and Manitoba in Western Canada.

Two to ten acre tracts of 160 acres, and adjoining prairie, 40 to 150 acres, or 80 to 100 acres are to be had in the choicest districts.

Settlements in the West are now being made on the most excellent soil, the very best, raising the standard of living. It is cheap, fuel easy to get and reasonable in price. Water easily procured, mixed farming a success.

Write for map, plan for settlement, settlers' low railway rates, descriptive illustrated "Last Best West" (sent free on application) and other information. To buy or investigate, Ottawa, Can., or to the Canadian Government Agent.

E. T. Holmes, 315 Jackson St., St. Paul, Minn. J. H. McGowan, 2001 Broadway, New York, N. Y. W. V. Bennett, Room 4, Beechling, Omaha, Neb.

LADY AGENTS WANTED

"Semy-Mayde" Garments for Children

"Semy-Mayde" means garments cut and ready to sew, including all trimmings and bindings. A Good Living from the Start, with an ever-increasing and permanent patronage. Dresses for children are needed to-day, to-morrow, every day. "Semy-Mayde" dresses are exactly what mothers need and want. Write to you to tell your neighbors the facts, show the goods, and take orders for "Semy-Mayde" garments. No capital or investment required, clean, enjoyable, profitable, employment, for spare time or all the time. Write for full details. WARNER-GODFREY CO., 88 WORTH ST., N.Y. CITY

Brown's Bronchial Troches

Nothing excels this Cough Remedy. No opiates. Scaupie from J. B. Brown & Sons, Boston, Mass.

PATENTS Larsson & Ross, Book Free. 121 S. LaSalle St., Chicago, Ill.

SIoux CITY PTG. CO., No. 13-1912.