

WHEN A WOMAN IS NERVOUS—WORRIED

The lives of most women are full of worry. Men's troubles are bad enough, but women's are worse. Worry makes women sick. It pulls them down, and in their weakened condition they are subject to pairs school weakeneds and their weakened condition they are subject to pairs school weakeneds. ject to pains, aches, weakness, back-aches, headaches and dizzy spells.

aches, headaches and dizzy spells.

Most women neglect their health, and for this they pay the penalty. Any woman will find that neglect does not pay. A little more attention to health would brighten up her life. If she asks her neighbous she finds that Dr. Pierce's Favorite Prescription benefits a woman's whole system. It not only acts upon the troubles and weaknesses peculiar to women, but is an allpeculiar to women, but is an all-round tonic that braces the entire body, overcoming nervousness, sleeplessness, headaches, dizziness and a run-down condition.

DIXON, NEBR.-" For the young girl developing into womanhood there is nothing better than Doctor Pierce's Favorite Prescription as a tonic and builder. At that time of my life I was sadly in need of something to strengthen and build me up and I found just the tonic I needed in the Prescription. I would advise its use by all young girls at this critical period of life." - MRS. E. Long.



PETROLEUM JELLY

For sores, broken blisters, burns, cuts and all skin irritations. Also innumerable toilet uses. REFUSE SUBSTITUTES

### CHESEBROUGH MFGACO. State Street New York

Bamboo Has Fast Growth. The growth of the bamboo is swift. In the morning a shoot appears above the ground, and by nightfall the shoot is waist high. On the second day it is as a man and in less three weeks the bamboo rods are from 18 to 19 inches in circumference and tower to a height of 60 or 70 feet. There is one place in Abbeville, La., where McIlhenny has grown a grove that towered to 70 feet in 19 days. There is a variety of bamboo that is edible, and is highly prized by orientals, who cut off the young shoots and use them for food.

Shave With Cuticura Soap And double your razor effciency as well as promote skin purity, skin comfort and skin health. No mug, no sliniy soap, no germs, no waste, no irritation even when shaved twice daily. One soap for all uses-shaving, bathing and shampooing .- Adv.

Date and Score Mixed. Red-That's an old golf course of yours, isn't it?

Greene-Why, no. It's comparatively new

"When was it laid out?" "About 1917."

"Are you sure?"

"Oh. yes; positive."

"Why, I heard, a man say the other day that he went around it in '85."-Yonkers Statesman.

## **BOSCHEE'S SYRUP**

Allays Irritation, Soothes and Heals Throat and Lung Inflammation.

The constant irritation of a cough keeps the delicate membrane of the throat and lungs in a congested condition. Boschee's Syrup has been a favorite household remedy for colds, coughs, bronchitis and especially for lung troubles, in thousands of homes all over the world, for the last fiftyfour years, giving the patient a good night's rest, free from coughing, with easy expectoration in the morning. For sale everywhere .- Adv.

its Style.

"It certainly is a funny tale Ned tells about the time they had using signal guns in the fog."

"I should think they would have threaded their way better with a needle gun."

Walking delegates usually ride at the expense of others.



FOR EYES Refreshes. Safe for Infantor Adult. At all Druggiats. Write for Free Eve Book. Hutte Eye Rendy Co., Chicago

THINGS WE HATE TO DO.

Roger W. Babson, in the Milwaukee Journal.

I am often reminded of the old chap who brushed his teeth with yellow soap. He said, "Not because it is good for my teeth but because it is good for my disposition."

Sounds foolish, but it is based on a fundamental principle, just the same. The things we hate to do are usually the best for us. You can never get anywhere do-ing the easy things. Doing easy things never made a world's

champion.
It doesn't make any difference whether you are poet or plumber, baker or banker, horseshoer, or housewife, if you want to get to the top of the heap in your par-ticular field, do the hardest things first. "Brush your teeth with wollow con "brush your teeth with yellow soap" every morning by starting on the hardest job of the day. It will be good for your disposition and your bank book, and the rest of the day will be easy because the heavy work is done.

### ¥+++++++++++++++ TRAINING LITTLE CITIZENS.

This is No. 48 of the third series of articles issued by the National Kindergarten Association, 8 West Fortieth street, New York city. They are appearing weekly in these col-

THE CHOICE OF CHILDREN'S BOOKS.

By Charlotte L. MacIntosh.

One day recently an aunt, one of those family institution aunts to whom everybody takes his troubles, said to me: "Why is it that our children are still being told stories and given story books which are full of pernicious rubbish? I've just returned from visiting my nieces who are susually so thoughtful about the welfare of their children that I expected something better in their nur-series, but, instead I found their little ones immersed in the old tales of fear, cruelty and wicked step-raothers. Moreover, these stories were in the most wonderfully illustrated books! In choosing the books a great interest had been shown in the artists who made the pictures, but open indifference toward the stories."
"That answers the 'Why,' I ven-

tured. As yet, few of the best story books are wonderfully illustrated" and consequently lose the opportunity to capture the indifferent purchasers. Of course this indifference is not intentional. Devoted mothers would shudder at the thought of bringing harmful playmates into the lives their children and yet through the careless purchase of books they often introduce their little ones to vicious

company! The advertising power of the illustration is the cause of much of the trouble. "Here am I," cries the pretties picture book on the shop counter, and the purchaser looks no further. It is quite likely that this same book is the usual version of Cinderella, encumbered with the odious stepmother, not at all necessary to the riot, but contributing from one generation to another to an unwhole-some prejudice. The charming Irish version, which entirely omits this character, is not so easily found by the casual buyer. If, however, that casual buyer wishes to become more purposeful, there is a long list of ks full of helpful directions which may be consulted.

For the sake of brevity only four are mentioned. These books are suggestive and contain many delightful stories. It is almost certain that one or more of them can be found in any rublic library, and a study of the suggestions and lists which they contain will be of great assistance.
Story Telling in Scholl and Home,

by E. N. and G. E. Partridge, published by Sturgis & Walton, New York city, price \$1.12; Educating By Story Telling, by Katherine Dunlap Cather, published by World Book Company, Yonkers, N. Y., price \$1.62; Stories to Tell to Children, by Sara Cone Bryant, published by Houghton Miffiin Co., Boston, Mass., price 70 cents; Ohildren's Stories and How to Tell Them, by J. Berg Esenwein and Marietta Stockard, published by Home Correspondence Scholl, Springfield, Mass., price \$1.50.

Te the editor: "The Child is Father of the Man." If we are to have loyal, intelligent, in instribus men, we must train the little child in right habits of thoughte and action. In anatmosphere of love and respondent the kindergarten cultivates the physical, mental and moral nature. Every child is entitled to receive this train-

If there is no kindergarten in your school, work for the establishment of one NOW. You may seeme leaflets and advice from the National Kinder-garten Association, 8 West Fortieth street, New York city.

## "Abraham Lincoln" In Prague.

From the Kausas City Star.

"Abraham Lincoln" flas been produced in the Caech language in Prague, Czecho-Slovakia, where it was enthusiastically received by press and public. It appeared many times during the recent celebration of Czecho-Slovakia's independence and was witnessed on one occasion by John Drifikwater, the English author, who made a special trip from London to Prague to see the Czech production of his work.

The Czechs are warm admirers of everything American, particularly America's self-made men, and it was chiefly through the discussion of the life of Abraham Lincoln that the term "self-made" came to be adopted by the Czech press and later incorporated in the dictionaries.

Annoyance.

From the Grand Rapids Press.

Nothing annoys a certain noble woman, or we guess any noble woman, more than to have her face curtains come back from the laundry starched so stiffly that they stand out like a little girl's pantalettes, if anybody can remember when anything approaching

member when anything approaching pantalettes was worn.

Personal Experience.
From the Weekly Telegraph, London.
"In your sermon this morning you spoke of a baby as a new wave on the ocean of life." remarked the father of an overgrown family to the vicar after

SOME BABY TRAINING.
"I wonder if my experience might be helpful," Mrs. L. writes to the woman who recently wrote about her boy who holds his breath and faints.
"My boy is 3 years old. Until the last three months he held his breath and fainted at every little hurt.
"He never liked anything but meat and sweets and would vomit when I tried to make him eat food he should. The doctor told me just to let him get hundoctor told me just to let him get hun-gry until he would eat. He would not eat oatmeal. So when he gets up in the morning I give him a drink of warm water, let him see that I have his oat-meal ready for him when he gets hungry for it, but do not force him to eat it, as he would only throw it up.

he would only throw it up. "I am firm about it, so that he knows if he waits until almost noon that oat-meal is the next thing he eats. At first

meal is the next thing he eats. At first he would not eat it until 10 o'clock or after, but now he wants it about 8 and I do not have much trouble about it.

"He did not like oranges, so I sweetened the juice of an orange, held my arm tight around his shoulders, and poured the juice in his mouth. Most of it went down the outside of his neck the first few times, but after that he took it all right.

it all right. it all right.

"It was very hard to get him to take as much milk as he needed, so when he came in and wanted a drink I filled the glass first with milk and afterwards water. He would drink more milk when thirsty, but also has it with his meals. I also have him eat potatoes, which he does not like, before I let him have meat or desert.

"Many times he left the table at noon

"Many times he left the table at noon rather than eat potatoes. I always put his plate away just as he left it until he came in about 1:30 or 2 o'clock and asked for it.

"I thought an egg would be good. As he would not eat it I beat an egg, added a cup of milk with melted chocolate and sugar and warmed it. He now has that mixture for supper. So he has four cups of milk, one egg, an orange, oatmeal, bread and butter, potatoes each day. He has had some carrot but not as much yet as I would like him to have.

"When he was kurt and first started."

wet as I would like him to have.

"When he was hurt and first started to cry we called loudly for some one to bring cold water to sprinkle on his face. The mention of it will save him if I make him understand quickly before he becomes unconscious. I do not think punishments do any good, as he is weak read real and does not remember or re-

Ishments do any good, as he is weak and pale and does not remember or relize what has happened.

"I just suggest that as there may be some food which the little boy is not getting which his body needs.

"It was hard for me to train him, as I think my boy is not as fond of me, but nevertheless I am glad he has not held his breath in three or four months. He did that frequently before."

NEEDS FURTHER INQUIRY. E. W. writes: "I am having considerable trouble with my right arm. It is not swollen or sore on the surface, and I can use it freely within limited radius, I can use it freely within initied radus, but a sudden wreach causes intense pain. At times it feels as, if I had cramp. The arm seems to grow worse rather than better. I diagnose the trouble as neuritis. Am I right? If so, what is the proper treatment? My age is 61."

Proper treatment? My age is 61."

Reply.

Neuritis is a possible diagnosis. Pressure on the nerve by an extraptib in the neck and bursitis around the shoulder are either possibilities. The fact that the pain results from unusual twists of the arm suggest some mechanical trouble rather than an ordinary neuritis. Your case requires further probing.

Palm Rich in Sugar.

From the Wall Street Journal. "What is sweeter than honey?" said what is sweeter than honey?" said the young men of Timnath at Samson's wedding feast. In those days of no sugar a young man on Saturday evening could not buy a box of candy to sweeten his welcome. How discouraging to romance when he must needs rob a bee's nest and wrap up a comb of sticky honey in the folds of his togato take with him. Imagine the evolution of sugar.

Ton of sugar.

Perhaps some swain, tired of the weekly stringing by angry bees, sought a substitute, for necessity is the mother of discovery also. A kind fate led him the sugar cane growing wild in East adia and other tropical countries. Centuries later the returning crusad-

ers brought the cane to Europe, and sugar making became commercialized. Later, necessity brought about the process of extracting sugar from maple trees and beets. Again the supply fell below human needs, and again necessity acted as guide to the discoverer. Palm sugar is nothing new, but recent experiments show that one particular palm, the nipah, yields a juice rich in sugar, averaging 12 per cent. An acre planted to these trees will yield more sugar than an acre of beets. The people of the an acre of beets. The begins of the Philippines also make alcohol from the juice. Food and fuel can be produced from this one source. Nature has done her part, adventuresome capital should do the rest.

Notable Progress by France. From the Chicago Daily News.

In a special cable dispatch Paul Scott Mowrer, Pauls correspondent of the Daily News, quotes Frederic Francois Marsal, French minister of finance, to the effect that 77 per cent. of the French factories sacked or destroyed during the war have resumed operation in whole or in part; that of 4,300,000 acres of land made barren by the war, 65 per cent, has been reclaimed and plowed and 50 per cent. has been sown this year; that 10 of the invaded and pillaged departments produced this season '500,000 tone of wheat, and that of the 1,860 amiles of wheat, and that of the 1,800 miles of railroad destroyed all but six miles has been febuilt and put in operation. Even the cheked, and flooded mines, from which no coal was expected for years to come, have produced thus far in 1920 upward of 2,000,000 tons. See Lot Book lot

A Suggestion.
From the San Francisco Chronicle.
"Give us this day our daily bread"—
the little one paused—"and, Oh Lord, if
it's just as 'venient as not, make it gingerbread."

Prices.

Prices.

From the Indianapolis News.

In a statement given out recently, Mr.
Elbert H. Gary, head of the steel copporation had something to say about prices. Most people will agree with him that these in many instances have been "outrageously high." "This observation," he said, "applies more especially to intellemen, so-called, and to smaller departments of industry. It also," he added, "includes employers in certain trades, but does not pessain under present conditions to the masses of workingman." Then fellows this, which throws much light on human nature:

The present tendency is toward a lower more reasonable and fairer relative balls. The difficulty is found in the fact that every individual is perfectly willing that all others shall make reductions—the larger the better. Now a general public, including particularly those who are neither buyers nor sellers to any large extent, will in one way or another bring about a fair and reasonable dijustment of prices. The law of supply and demand will be the principal factor.

Defined. From the Washington Star.
"What is a parlor bolshevist?"
"Usually," replied Miss Cayenne, "he is a man who has been obliged since the free lunch gave out elsewhere, ,to look for tea and sandwiches."

Buy only "Diamond Dyes"



Each package of "Diamond Dyes" contains directions so simple that any woman can diamond-dye worn, shabby skirts, waists, dresses, coats, gloves, stockings sweaters, draperies everything, whether wool, silk, linen, cotton or mixed goods, new, rich fadeless colors. Have druggist show you "Diamond Dyes Color Card."-Adv.

Undoubtedly.

Mr. Spiffkins observed that the quiet boy at the foot of the class had not yet had an opportunity to display his knowledge of the Bible. So the teacher gave him this one:

"In what condition was the patri-arch Job at the end of his life?" "Dead," said the quiet boy.

Catarrh Catarra is a local disease greatly influ-anced 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. do its work. All Druggists. Circulars free. F. J. Cheney & Co., Toledo, Ohio,

"How did Archie happen to lose out

with Miss Goldrox?" "Why, she told him she really disliked flattery."

"And Archie persisted in paying her extravagant compliments?" "No; he didn't."

Important to Mothers Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it

Bears the Gast Fletchire In Use for Over 30 Years. Children Cry for Fletcher's Castoria

Kansas Thought for the Day. After she got a little used to it how would your wife enjoy being a widow? It's a sobering question, isn't it, fellows?-Mulvane News.

A whale is able to remain under water for an hour and a half without coming up for air.

DYE RIGHT



Genuine

You must say "Baver"

Warning! Unless you see the name "Bayer" on tablets. you are not getting genuine Aspirin prescribed by physicians for 21 years and proved safe by millions. Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains proper directions for Colds, Headache,

Pain, Toothache, Neuralgia, Rheumatism, Neuritis, Lumbago. Handy tin, boxes of 12 tablets cost but a few cents-Larger packages. Aspirin is the trade mark of Bayer Manufacture of Menoaceticacidester of Salicylicacid

Matter of Geography. A Minnesota man who had been introduced to a fellow citizen by his congressman, asked the latter with reference to his acquaintance:

"Is he rich?" "Well," replied the congressman, "that depends on geography. Out here we consider him very rich; he's worth about a million dollars. If he lived in New Jersey, I suppose he would be considered fairly well to do; while if he lived in New York folks would be dropping dollars in his hat."-Bos-

Cutting Down Expenses. "Bimley has given up bachelor life

ton Transcript.

and a widow.

and gone and got married." "What! With beef a dollar pound?

"Well, that's better than paying the dollar a bite he's been paying in the restaurants, isn't it?"—Boston Transcript.

Voice Identifies Criminals. In France noted criminals are made to speak and sing into a phonograph before their discharge from prison, that in future their voices may be identified in case of need.



respectfully invite you to mail us your check the number of shares desired, or write for full formation. Price \$25 per share.

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Learn Dancing, 6 Lessons in your home, dreds learning. Postal brings details. Deg. Studio, McLachlen Bidg., Wash. elor who was overtaken by misfortune



# Women of Middle Age

Owing to modern methods of living not one woman in a thousand approaches this perfectly natural change in her life without experiencing a train of very annoying and sometimes painful symptoms. Those dreadful hot flashes, smothering spells, fainting spells, nervous troubles and irregularities are symptoms that should have prompt attention. These two letters prove what a successful remedy Lydia E. Pinkham's Vegetable Compound is for women at this time of life.

These Two Women Helped During Change of Life.

Taunton, Mass.—"I could not eat or sleep for six months, had fainting spells and could not walk without help for three months, caused by female trouble. My cousin, who was a doctor, told me to take Lydia E. Pinkham's Vegetable to take Lydia E. Pinkham's Vegetable Compound and it helped me greatly. Then during the Change of Life I used the same remedy. I am seventy years old how and am able to do my own housework and walk one mile to church every Sanday morning and evening. I am recommending the Vegetable Compound to my friends having the same troubles as I had. Your remedy is the best on earth. I cannot find words to express my gratitude for it."—Mrs. Susan C. Staples, 157 B School St., Taunton, Mass. Taunton, Mass.

Philadelphia, Pa.—"I want to let you know what good Lydia E. Pinkham's Vegetable Compound has done me. I had organic troubles and am going through the Change of Life. I was taken with a pain in my side and a bad fleadache. I could not lie down, could not eat or sleep. I suffered something terrible and the doctor's medicine did me no good at all—my pains got worse. terrible and the doctor's medicine did me no good at all—my pains got worse instead of better. I began taking the Vegetable Compound and felt a change from the first. Now I feel fine and ad-vise any one going through the Change of Life to try it, for it cured me after I had given up all hopes of getting better. I will tell any one who writes to me the good it has done me."—Mrs. Maneauxy Danz, 743 N. 25th St., Philadelphia, Pa

Women of Middle Age Should Depend Upon

DE PORTO Lydia E. Pinkham's Jegetable Compound

Lydia E. Rinkham Medicine Co., Lynn, Maj