

# A Woman's Problem

## How to Feel Well During Middle Life Told by Three Women Who Learned from Experience.

The Change of Life is a most critical period of a woman's existence, and neglect of health at this time invites disease and pain. Women everywhere should remember that there is no other remedy known to medicine that will so successfully carry women through this trying period as Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs. Read these letters:—



Philadelphia, Pa.—"I started the Change of Life five years ago. I always had a headache and backache with bearing down pains and I would have heat flashes very bad at times with dizzy spells and nervous feelings. After taking Lydia E. Pinkham's Vegetable Compound I feel like a new person and am in better health and no more troubled with the aches and pains I had before I took your wonderful remedy. I recommend it to my friends for I cannot praise it enough."—Mrs. MARGARET GRASSMAN, 759 N. Ringgold St., Philadelphia, Pa.

Beverly, Mass.—"I took Lydia E. Pinkham's Vegetable Compound, for nervousness and dyspepsia, when I was going through the Change of Life. I found it very helpful and I have always spoken of it to other women who suffer as I did and have had them try it and they also have received good results from it."—Mrs. GEORGE A. DUNBAR, 17 Roundy St., Beverly, Mass.

Erie, Pa.—"I was in poor health when the Change of Life started with me and I took Lydia E. Pinkham's Vegetable Compound, or I think I should not have got over it as easy as I did. Even now if I do not feel good I take the Compound and it restores me in a short time. I will praise your remedies to every woman for it may help them as it has me."—Mrs. E. KISSLING, 931 East 24th St., Erie, Pa.

No other medicine has been so successful in relieving woman's suffering as has Lydia E. Pinkham's Vegetable Compound. Women may receive free and helpful advice by writing the Lydia E. Pinkham Medicine Co., Lynn, Mass. Such letters are received and answered by women only and held in strict confidence.

**Aided Passenger in Peril.**  
A notable instance of the kindness of those in charge of trans-Atlantic liners developed recently aboard the liner Ryndam, which was stopped in mid-ocean and held on an even keel while the appendix of a passenger was removed. Besides the ship's surgeon, and the captain who stopped the ship, an American dentist co-operated by administering the anesthetic.

**Ice-Breaker Carries Passengers.**  
The ice-breaking ferryboat, Prince Edward Island, plying on the Straits of Northumberland, Canada, has palatial accommodations for passengers. It is the first boat of the kind to be so equipped.

**THE GIRL WITH A CLEAR SKIN WINS**

If you, too, are embarrassed by a pimply, blotchy, unsightly complexion, just try Resinol Soap regularly for a week and see if it does not make a blessed difference in your skin. In severe cases a little Resinol Ointment should also be used. Resinol Soap helps to make red, rough hands and arms soft and white, and to keep the hair healthy and free from dandruff. Resinol Soap contains no free alkali; sold by all druggists.—Adv.

**Railroad Ticket Many Years Old.**  
A twenty-nine-year-old ticket between Kansas City and Gallatin, Mo., which was used recently, had lain in the Leavenworth prison safe in the interim while the owner served a twenty-nine-year term subsequent to his arrest on the train just before the conductor came through.

**RECIPE FOR GRAY HAIR.**  
To half pint of water add 1 oz. Bay Rum, a small box of Barbé Compound, and 4 oz. of glycerine. Apply to the hair twice a week until it becomes the desired shade. Any drug-gist can put this up or you can mix it at home at very little cost. It will gradually darken streaked, faded gray hair, and removes dandruff. It is excellent for falling hair and will make hair soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off.—Adv.

**Endless.**  
"Paw, what's the longest period of time?"  
"From one pay day to the next."—Buffalo Express.

For a really fine coffee at a moderate price, drink Denison's Seminole Brand, 35c the lb., in sealed cans.

Only one merchant in each town sells Seminole. If your grocer isn't the one, write the Denison Coffee Co., Chicago, for a souvenir and the name of your Seminole dealer.

Buy the 3 lb. Canister Can for \$1.00.—Adv.

**Heard at the Club.**  
"Hello, old chap; killing time?"  
"No, dear boy; just waiting for it to die a natural death."

**"ANURIC!"**  
NEWEST IN CHEMISTRY

This is a recent discovery of Doctor Pierce, head of the Invalids' Hotel, Buffalo, N. Y. Experiments for several years proved that there is no other eliminator of uric acid comparable. For those easily recognized symptoms of inflammation—as backache, scalding urine and frequent urination, as well as sediment in the urine, or if uric acid in the blood has caused rheumatism, "Anuric" acts quickly. In rheumatism of the joints, in gravel and gout, invariably the pains and stiffness which so frequently and persistently accompany the disease rapidly disappear.

Send Dr. Pierce 10c for large trial package. Full treatment 50c. All druggists.

**For PINK EYE**  
DISTEMPER CATARRHAL FEVER AND ALL NOSE AND THROAT DISEASES  
Cures the sick and acts as a preventative for others. Liquid given on the tongue. Safe for broad masses and all others. Best kidney remedy. 50 cents a bottle, \$5 a dozen. Sold by all druggists and turf goods houses, or sent, express paid, by the manufacturer. Booklet, "Distemper, Cause and Cure," free.  
SPOHN MEDICAL CO., Chemists, Gothen, Ind., U. S. A.

# WHO'S WHO—and WHEREFORE

## SUBTLE JUSTICE M'REYNOLDS



Associate Justice McReynolds of the United States Supreme court prefers nearly everything he has to say with a story.

Occasionally McReynolds tells a story with a point so subtle that only those with a keenly pitched sense of humor can "get" him. One night at a dinner he sprang something that occasioned not the slightest ripple of laughter. He waited a reasonable length of time and then observed:

"Well, at least don't cry about it." Nobody got that either. They didn't understand what it was that they weren't to cry about. So McReynolds added: "It'll come in, may be by freight."

An Englishman was seated next to McReynolds, and his curiosity was aroused.

"What do you mean when you say come by freight?" he inquired.

"Slowly, like a freight train," explained McReynolds; they'll get the story if they wait long enough, don't you see?"

## EXPERIMENTS WITH WHITE RATS

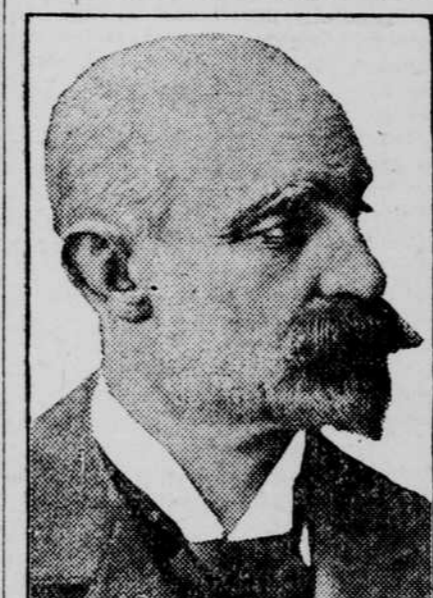
Philadelphians were perturbed recently over the publication of the results of a series of experiments with white rats which are being made by Helen Dean King at the Wistar Institute of Anatomy and Biology of the University of Pennsylvania.

Shorn of its sensationalism and half truths, the story of the experiments with white rats now going on at the institute is still interesting. By means of careful selection and mating of brother and sister rats from the same litters, which is "the closest form of inbreeding possible," there is being developed a race bigger, heavier and better in every way than the ordinary rat.

"And," says Doctor King, "theoretically what can be done with rats can be done with other animals. Give me ten years longer and I may have found out something." By following out her experiments it "might be possible to revolutionize the whole system of stock raising" and thereby increase the supply of meat and reduce the cost of living.

Doctor King is the only woman in America who holds a professorship in research work, the only other woman in the world who has that honor being Mme. Curie of Paris.

## "SUB" FOR KING VICTOR



The duke of Genoa, who "subs" as king at the Quirinal while his nephew, Victor Emmanuel, is at the front, is fast proving himself a formidable rival of the latter for the affections of the Italian people.

King Victor has ever been known as the most democratic sovereign in Europe. His "sub" has gone him one better for democracy and won for himself the sobriquet of the civilian king.

The nearest the duke of Genoa comes to accepting any of the kingly perquisites that go with his job is at four o'clock each day, when he goes for a drive in the country. Four cavalrymen surround his carriage and a corps of bicycle guards follow. The police won't let him drive unless he accepts this escort.

In the evening he makes up for it by walking about the streets of Rome in civilian clothes, accompanied only by his chief aid de camp. It was while amusing himself this way one evening that the duke saw a street car collide with a fat woman. Of all the men who leaped to her assistance, the duke got there first. She was quite uninjured, but the duke bundled her off to a hospital before she knew who had helped her.

Half an hour later, when the duke returned to the Quirinal he sent his aid to the hospital to make certain she really was not injured.

## NEW CHIEF OF YARDS AND DOCKS

Civil Engineer Frederic R. Harris of the navy, recently appointed chief of the bureau of yards and docks, navy department, to succeed Civil Engineer Homer R. Stanford, has made an enviable record in connection with a number of important projects on which he was engaged since appointment to the navy corps of civil engineers.

Among his achievements was the solving of the problem that long had attached to the dry dock at the New York navy yard, the contract for which was awarded in 1905. Five years later, after several contractors had failed on the job, Civil Engineer Harris took charge. He employed an entirely new method of construction, he was instrumental in having the dimensions of the dock increased, and he successfully completed the work in 1912.

In addition to many other achievements, Civil Engineer Harris devised a new method of construction to be used in the completion of the dry dock at Pearl harbor, Hawaii, the system involving the building and sinking of a series of floating caissons or sections. He has been concerned as an assistant in the construction of the state dry dock at Boston and the project of the contemplated municipal dry dock at New York. He has been a valuable technical assistant to the department of justice, and he has been a lecturer at the University of the City of New York, the New York college, and the Stevens Institute of Technology, as well as being the author of numerous technical papers.

## FACTS ABOUT DYNAMITE.

In spite of all that has been said and written to the contrary, many people still have the idea that dynamite is exceedingly dangerous stuff to take liberties with, and that it will explode at the least shock. This is a mistake. Nothing less than a tremendous shock will make dynamite explode, and this shock is obtained by exploding a mixture of nitric acid, mercury and alcohol, which in turn explodes the dynamite.

## MRS. HEP'S SAYINGS.

"It's an awful shame that girls what is rattlin' good cooks an' socks jarners," stormed Mrs. Jonathan Hep, "is eatin' meals in baby boardin' houses or gittin' them in their closets, w'ile others that has husbands that comes home to meals regular is longin' fer freedom 't express themselves artistically in the higher life uv a third floor back studio."—Pittsburgh Dispatch.

## FOR THOSE FOND OF HONEY

Missouri College of Agriculture Has Published Some Recipes That Will Be Found Useful.

**Brown Bread.**—One-half cupful of honey, one and a half cupfuls of sour milk or buttermilk, three cupfuls of Graham flour, one teaspoonful of soda. Nuts and raisins may be added if desired.

**Soft Gingerbread.**—Half a cupful of sugar, one cupful of extracted honey (or sorghum), half a cupful of butter, one teaspoonful each of cloves, ginger and cinnamon, two teaspoonfuls of soda dissolved in one cupful of boiling water, two and a half cupfuls of flour. Add two well-beaten eggs the last thing before baking.

**Honey Muffins.**—One pint of flour, two teaspoonfuls of baking powder, one-half teaspoonful of salt, sifted four times; yolks of two eggs beaten lightly, one and a fourth cupful of cream. Beat thoroughly, then fold in lightly in the beaten whites of two eggs and two tablespoonfuls of extracted honey. Bake in muffin pans and serve while hot.

## WORTH KEEPING IN MIND

Housekeeping Hints That It Would Be Well to Preserve for Future Reference.

If the clock in a sick room annoys the person place a glass shade over it. Water potatoes have been boiled in is excellent for cleaning stains from silver knives and forks.

If washing greasy dishes, use a little ammonia in the water and you will save soap and your hands.

When washing cut glass add a little borax to the suds and rinse in clear water with few drops of bluing added, if you wish glass to sparkle like new.

Patent leather shoes are successfully cleaned by removing all dirt, then wiping them with a soft cloth dipped in milk, polish them with a dry cloth. The milk is valuable in preserving and softening the leather.

Apples pared, cored and set into a dish with sugar and water, to bake till tender, but not broken, are delicious served with custard poured over them.

## Buns.

One pint milk, one ounce yeast, one-half pound flour, one teaspoonful sugar; rub the flour through a sieve, cream the yeast and sugar together and add lukewarm milk; strain this mixture into the flour and beat well. Cover the basin with paper and set in warm place (on the fender) to rise for one hour. In another basin put 1 1/2 pounds of flour, one-quarter pound butter, two ounces candied peel, two eggs, one-quarter pound sultanas or currants, one-quarter pound sugar. When the sponge in the first basin has risen, beat in all the dry ingredients from the second basin with two eggs. Thoroughly mix and beat them for about five minutes. Set this sponge to rise again for about 1 1/2 hours. Then shape the mixture into buns and bake on a greased tin for one-half hour. When cooked and while still hot brush them over with a little milk and sugar to glaze them.

## Fine-Grained Cake.

Have mixing bowl warm and the chill taken off the milk. Use finest grade granulated sugar. Use measuring cup and follow directions carefully. One-third cupful butter, three-fourths cupful sugar, two eggs, one-half cupful milk, one and one-half cupfuls bread flour sifted before measuring; return to sifter and add two teaspoonfuls cream tartar and one of soda. One teaspoonful lemon extract. Soften butter, add sugar and stir just enough to blend, add well-beaten eggs, and beat until light colored. Stir in milk, then sift in prepared flour and beat at least five minutes to make fine grained. Add flavoring, bake in a slow oven.

## Chocolate Rice Cream.

Wash the rice (Carolina rice of good quality) and cook gently in milk with a piece of stick vanilla and some sugar until thoroughly swelled and tender. Remove the vanilla. When cool stir in enough cream to make the rice like a thickish, lumpy looking custard. Place in custard glasses and scatter powdered chocolate over. To four ounces of rice allow one and three-quarters pints of milk and four tablespoonfuls of sugar. Use a double milk saucepan and cook long and slowly.

## To Prevent Cheese Hardening.

The addition of a raw egg to the mixture of grated cheese and cream for cheese wafers prevents the cheese from hardening when cold. A plan is slightly to butter crackers, or dip them in melted butter, place in pan and put a spoonful or more of the cheese mixture upon each one. Sprinkle with paprika and place in heated oven after turning off the gas. They are delicious hot, and are good cold, and can easily be reheated.

## Baked Sweet Potatoes With Cream.

Steam four large sweet potatoes for ten minutes; take out and peel, slice lengthwise half an inch thick; put into baking pan, spread each slice with butter, sprinkle powdered sugar over them, pinch of salt, pour over half a cupful of cream. Set in oven to heat through.

## Cooking Hint.

To prevent citron, raisins or currants from sinking to the bottom of your cake have them well warmed before adding them to the batter.

## No Poverty in Bermuda.

A feature of life in Bermuda which always impresses the stranger is the apparent prosperity of the natives, white and colored alike. Distressing poverty is unknown, and even the poorest families can boast of a stone house and a garden.

## Modern Methods.

"Mother, Mr. Flubdub has asked me to be his wife. What shall I do?" "Consult Bradstreet and Dun, my dear; also a competent lawyer, and your heart."—Louisville Courier-Journal.

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**Not the Soldier's Fault.**  
A certain army officer took in to dinner at a Washington party a young lady who had just returned from England.  
"The young soldiers," she said, "are having it all their own way with the girls over there now. Too much their own way, in fact. I know of a young lieutenant in the Blues who is said to be engaged to seven girls simultaneously."  
"Oh, well," said the officer, with a deprecatory smile—"oh well, Cupid, of course, is using a machine gun these days."—Washington Star.

**Natural Revenge.**  
"So your town went dry?"  
"Yes, sir, and if you'll believe me, the very next week we had a flood."  
Next to the elephant, the white rhinoceros of Africa is the largest animal known.

**ADVO JELL**  
THE JELL THAT WHIPS  
The most fashionable and popular Table Dessert. Makes your table complete.  
Beautiful Decorative Recipes—Delicious, Appetizing, Nourishing and Healthy.  
Nothing so delightful for the table or sick room.  
Seven flavors and colors.  
At your grocers, or by mail, at \$1.20 the dozen.  
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**MOTHER! LOOK AT CHILD'S TONGUE**  
If cross, feverish, constipated, give "California Syrup of Figs."  
A laxative today saves a sick child tomorrow. Children simply will not take the time from play to empty their bowels, which become clogged up with waste, liver gets sluggish; stomach sour.  
Look at the tongue, mother! If coated, or your child is listless, cross, feverish, breath bad, restless, doesn't eat heartily, full of cold or has sore throat or any other children's ailment, give a teaspoonful of "California Syrup of Figs," then don't worry, because it is perfectly harmless, and in a few hours all this constipation poison, sour bile and fermenting waste will gently move out of the bowels, and you have a well, playful child again. A thorough "inside cleansing" is oftentimes all that is necessary. It should be the first treatment given in any sickness.  
Beware of counterfeit fig syrups. Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Adv.

**Business men recognize the importance of keeping carbon copies of every letter, contract and transaction. It is a protection against dishonesty, errors and forgetfulness. One of the reasons why farmers should use typewriters is that it enables them to keep on file complete records of correspondence, crop reports and whatever is necessary to put farming on a business basis.**

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**TAKE A GLASS OF SALTS WHEN BLADDER BOTHERS**  
Harmless to Flush Kidneys and Neutralize Irritating Acids—Splendid for the System.  
Kidney and Bladder weakness result from uric acid, says a noted authority. The kidneys filter this acid from the blood and pass it on to the bladder, where it often remains to irritate and inflame, causing a burning, scalding sensation, or setting up an irritation at the neck of the bladder, obliging you to seek relief two or three times during the night. The sufferer is in constant dread, the water passes sometimes with a scalding sensation and is very profuse; again, there is difficulty in voiding it.  
Bladder weakness, most folks call it, because they can't control urination. While it is extremely annoying and sometimes very painful, this is really one of the most simple ailments to overcome. Get about four ounces of Jad Salts from your pharmacist and take a tablespoonful in a glass of water before breakfast, continue this for two or three days. This will neutralize the acids in the urine so it no longer is a source of irritation to the bladder and urinary organs which then act normally again.  
Jad Salts is inexpensive, harmless, and is made from the acid of grapes and lemon juice, combined with lithia, and is used by thousands of folks who are subject to urinary disorders caused by uric acid irritation. Jad Salts is splendid for kidneys and causes no bad effects whatever.  
Here you have a pleasant, effervescent lithia-water drink, which quickly relieves bladder trouble.—Adv.

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