



This woman says that sick women should not fail to try Lydia E. Pinkham's Vegetable Compound as she did.

Mrs. A. Gregory, of 2355 Lawrence St., Denver, Col., writes to Mrs. Pinkham: "I was practically an invalid for six years, on account of female troubles. I underwent an operation by the doctor's advice, but in a few months I was worse than before. A friend advised Lydia E. Pinkham's Vegetable Compound and it restored me to perfect health, such as I have not enjoyed in many years. Any woman suffering as I did with backache, bearing-down pains, and periodic pains, should not fail to use Lydia E. Pinkham's Vegetable Compound."

FACTS FOR SICK WOMEN. For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, dizziness or nervous prostration. Why don't you try it?

Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health. Address: Lynn, Mass.

Aesop in "Little Italy."

A school teacher in the Italian quarter of an American city told her children the story of the fox and the grapes. Tony was especially delighted with the story, and eagerly sought his classmate, Joe, who was in another class. By good luck, the teacher overheard Tony's version.

In his excited, broken English he told the fable much as it was written, until he came to the end. This was his rendering of the climax: "De alda fox he say, 'Da grape no good, anyhow; alla sour. I guess I go getta de banana.'"

SEEMED WORSE EVERY DAY.

A Dangerous Case of Kidney Complaint and How It Was Checked. Mrs. Lucy Quebeck, Medford, N. J., Hope Valley, R. I., says: "Eight years ago I contracted severe kidney trouble and my back began to ache continually. Every day it seemed worse. The least pressure on my back tortured me, and I could not stoop without a bad twinge. The kidney secretions passed irregularly with pain, and I bloated badly. My head swam and my eyes felt as if they were on fire. One doctor said I was incurable. However, I found prompt relief when I started using Doan's Kidney Pills, and the troubles I have related gradually disappeared."

Sold by all dealers. 50c a box. Foster-Milburn Co., Buffalo, N. Y.

Her Impromptu Conundrum.

"You called on Miss Tartan and she greeted you with: 'Why, Mr. Sorreltop?' Well, what was there in that harmless exclamation to offend you, Percy?" "Yes, but she—er—didn't punctuate it that way. She said: 'Why Mr. Sorreltop?'"

TO CURE A COLD IN ONE DAY

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

Divine Inspiration.

Ellie, the little daughter of a clergyman, pranced into her father's study one evening while the reverend gentleman was preparing a lengthy sermon for the following Sunday.

She looked curiously at the manuscript for a moment and then turned to her father. "Papa," she began, seriously, "does God tell you what to write?" "Certainly, dearie," replied the clergyman.

"Then why do you scratch so much of it out?" asked Ellie.

Getting Interested.

Maudie—Haven't you finished that novel yet, dear?

Clara—No; but I've reached the most interesting part.

Maudie—Indeed?

Clara—Yes; the heroine is about to elope with one man because she is in love with another.

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FOR AND ABOUT WOMEN

What Is Poor Man to Do.

In office, store and stifling factory air, in laundry, kitchen, restaurant, everywhere, the female toiler works and oftentimes slaves; and many thousands to untimely graves are pushed by competition's fierce, relentless pace.

The timid female of our mother's placid day To Amazonian restlessness gives way; "L" train and Subway bear a rush-hour throng, Of petitioned workers pushing men along— Maid, wife and widow entered in the gruelling race.

Short-sighted males, with profit as their aim, Hire women cheaply to advance their game; And by their action, their descendants rob— For each three working women destroy one man's job.

Exercise Not for Women.

A famous physician of late has been calmly pointing out to women the foolishness of physical exercise as a means of resting the mind. He says emphatically that the old theory is all nonsense—that the mind cannot rest when the body is tired. He says that the practice of taking a long walk at a fast trot when one has done a hard day's work is entirely the wrong thing to do. In his words, "It adds one fatigue to another." He does not believe in strenuous exercise for mentally overworked people.

Another belief of his will cause more excitement and discussion than any other. "Women," he says, "who do not indulge in physical exercise live longer than men." He does not think women need exercise. This is a daring statement to make in the middle of a generation that is absolutely given over to the exercise fad. He is not alone in this belief, however, for a number of women who have gone to rack and ruin through physical exercise agree with his theory. Too many women have become useless burdens through over-exercising for this statement to be entirely denied. The theory that athletics gave grace to a woman has been discarded and there is quite a good deal of support given in high quarters to the new theory that heavy exercise unites a woman for living her life.

The doctor says that plenty of fresh air day and night and one hour's walk is enough for any woman. Regarding the subject of the annual vacation for women the doctor says: "Nine out of ten women feel worse after a vacation than when they started and are unable to resume work properly. A woman does not need a long rest, but a great number of short ones. It is better to rest four separate half hours a day than to go like mad through the week and rest sixteen hours on Sunday. It is better to divide the twelve months of work into stated half holidays rather than take two months after ten months of exhaustion."

For Conversation Party.

Twelve good topics that will be amusing as well as entertaining are here given:

- Should women vote?
- What would you do with a million dollars?
- How to keep house on \$10 a week.
- How to be happy though married.
- How to be happy though single.
- Is a college education necessary?
- What was your most thrilling experience?
- Tell the best joke ever played on you.
- Should the girls propose?
- What is your favorite hobby?
- What trip would you rather take?
- Who is your favorite novelist?

Secret of Nervous Balance.

Rev. Samuel McComb has written a few rules to guide a woman in keeping her nervous balance. Here they are: Cultivate sound, health-creating emotion—love, joy, peace, faith and hope. Allow yourself sufficient time in which to do your work. Hold in reserve a surplus stock of nervous energy by keeping within the limit of your organization.

The Laced Overskirt.

A designer has brought out a new thing in the way of tunics. It is cut circular, is a trifle high waisted and instead of having a box plait down the side it is slashed open, finished with a two-inch hem at the edge, and is then laced from side to side through silk-covered eyelets. Silk or velvet ribbon is used.

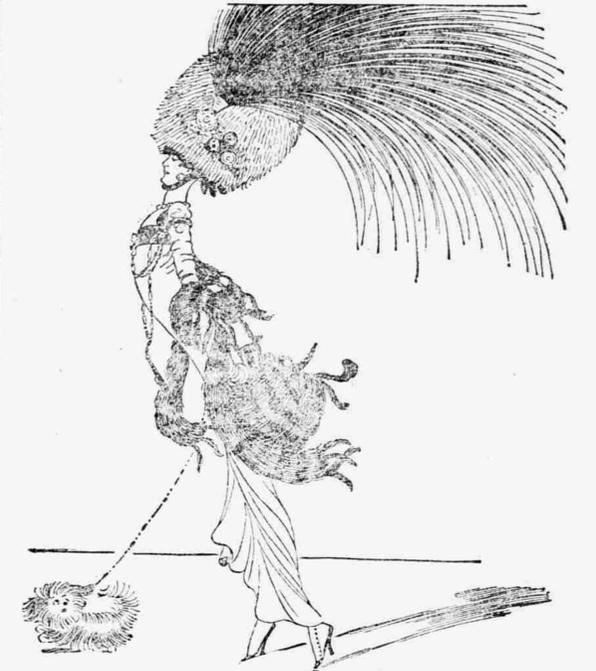
The Correct Time for Bathing.

The morning is the best time for a cold-water bath, a tepid one morning or night, but a hot-water bath should be taken just before retiring, inasmuch as it is relaxing. Never bathe just after a hearty meal. Bathe regularly every day.

The Soul Reader.

According to a new oracle, human beings are divided into two distinct categories, the free individual and the collective type. The free individual bears the imprint of absolute value;

GIRLS OF THE PERIOD.

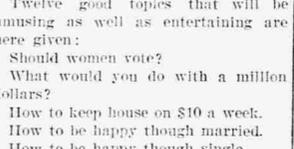


—Baltimore Sun.

woman past 40 is no longer to be classed as young. Naturally there is a vigorous protest, and many of the members threaten to resign. Of course there is no disgrace in old age—rather honor in it. Age is one of the very few things over which we have no control whatever, and for which we are neither to be blamed nor credited. Old age is honorable because it is the result of long right living. The vicious, the careless and the slothful never attain it.

It is by right living, by obedient observance of the laws of nature, that we not only live to be old but seem to be younger than we really are. It is just as much a matter of pride for one to look and feel like 40 at 60 as it is for one to be hale at 20. Though there is no disgrace in growing old, there is decided inconvenience in it, economically, physically and socially. The woman who feels 40 naturally does not like to be classified and associated with women who feel 60. If she is bright and young in spirit she wants to continue to be so regarded by bright and young people. Vanity really has very little part in it. The woman's happiness and her sympathetic relationship with the young and vigorous depend on it. She has a right to insist that she be taken at the age she feels and shows.

Effective Evening Gown.



Use Soda in Dishwashing.

Washing soda can make dishwashing easier. Sprinkle one teaspoonful in the roasting pan, put in plenty of water, and let boil a few minutes. Even the corners will be found to be free from grease. Covers, frying pans, bread tins, can be cleaned by boiling for a few minutes in this solution. Silver, too, can be cleaned by boiling it a minute or two in a weak solution of washing soda. Rinse in clean, hot water and wipe with soft cloth or chamois.

Have Inviting Hall.

Many persons think that because a hall is merely an entrance, or passage, it may be bare and unfurnished. On the other hand, the hall is the entrance to the home, and may be considered as offering the hospitality of the house. If so regarded, it should be cheerful and inviting, even though in city houses there is little opportunity for a display of taste and skill. At least it is always possible to secure a warm, hospitable color.

Rubber-soled Shoes.

Women who are good walkers and who do not fear the roads or pavements in any kind of weather, have rubber soles put on their walking shoes. This also prevents fatigue, as rubber is lighter to walk in than the ordinary heavy rubber sole. Rubber caps are also added to heels to make walking easier. They are said to prevent a constant vibration to the spine.

Cleanliness is Necessary.

The scalp, like the rest of the body, to be kept healthy, must be kept clean. Shampoo your hair once every two weeks if it is inclined to be oily, and about once a month if it is the least bit dry.

When She Is 25.

After celebrating the 25th anniversary of her birth, the average woman's chief aim in life is to not look her age.

the collective type is indelibly marked with the signs of relative value. It is chiefly through the eyes, the mirrors of the soul, that a new occultist reads the depths of our inner natures. If the eye is luminous, the mind is full of light; if the eye is troubled, vague or dull, the individual is somber and shadowy. The clear, transparent and profound eye reveals the genius of the seer or the charmer; the hard and cold eye shows the power of the dominator, of the director or the vanquisher.

Green Forage for Hogs.

A bulletin has been issued from the Missouri Experiment Station by Dean H. J. Waters, giving the results of some experiments to determine the value of different forage crops for hogs. Thirty-six pigs weighing about fifty pounds each were fed in lots on different forage crops in connection with corn until they were ready for market, accurate account being kept of the cost of grains made.

Use well-rotted manure on the garden plot.

If you have not done so before, working it well into the surface 6 or 7 inches of the soil. Do not delay this matter any longer.

Wood ashes may be applied at the rate of 25 to 50 bushels to the acre.

One ton of good wood ashes will contain about 140 pounds of phosphoric acid.

Prayer may bring rain, but the lively cultivator and the persistent hoe will make a dust mulch that will keep the moisture in the ground.

More than 1,000 acres of watermelons were planted last spring between Pensacola and River Junction, Fla., a distance of only a few miles.

The fowl that begins to molt during August or September has a much better chance to survive the winter than the one that begins in the late fall.

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FARM AND GARDEN

A better plan is to keep the draws in sod even when the rest of the fields are cultivated. Almost any grass that forms a tough sod will answer the purpose, timothy and redtop being quite satisfactory.

Sweet Corn Seed.

It is claimed by seedsmen that the ears of sweet corn, the kernels of which are a deep amber color and more or less transparent, are much sweeter than those in which the kernels are opaque and white. The kernels having a fine wrinkle are supposed to be sweeter than those with a coarse wrinkle. The Maryland station made a test of these methods of selection and it was found that practically the same sugar content was contained in kernels of different colors, but there appeared a relation between the wrinkle of the kernel and the sugar content. The lowest percentage of sugar in fine wrinkled kernels was above the average percentage in the coarse wrinkled and the highest percentage of sugar in the individual ears having a coarse wrinkle was much less than the average in the fine wrinkled ones.

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