

# WOMEN OF MIDDLE AGE

### Need Help to Pass the Crisis Safely—Prove that Lydia E. Pinkham's Vegetable Compound Can be Relied Upon.

Urbana, Ill.—"During Change of Life, in addition to the annoying symptoms of a hot, irritable head, I was afflicted with a griping weakness of the bowels in a weakened condition. I felt at times that I would never live again. I read of Lydia E. Pinkham's Vegetable Compound and what it did for women passing through the Change of Life, so I told my doctor I would try it. I soon began to gain in strength and the annoying symptoms disappeared and my Vegetable Compound made me a well, strong woman. I do all my own housework. I cannot recommend Lydia E. Pinkham's Vegetable Compound too highly to women passing through the Change of Life."—Mrs. Frank Hanson, 1310 S. Orchard St., Urbana, Ill.

Women who suffer from nervousness, "hot flashes," backache, dizziness, and "the blues," should try this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound.

Straggles of the bowels. More than 100,000,000 of the people of the United States are afflicted with the griping weakness of the bowels in a weakened condition. I felt at times that I would never live again. I read of Lydia E. Pinkham's Vegetable Compound and what it did for women passing through the Change of Life, so I told my doctor I would try it. I soon began to gain in strength and the annoying symptoms disappeared and my Vegetable Compound made me a well, strong woman. I do all my own housework. I cannot recommend Lydia E. Pinkham's Vegetable Compound too highly to women passing through the Change of Life."—Mrs. Frank Hanson, 1310 S. Orchard St., Urbana, Ill.

### Soldiers Soothe Skin Troubles with Cuticura

Scalp 25c. Outcrop 25c & 50c

## ADVICE TO BUSINESS WOMEN

### How One May Escape From Importunities That Are in the Highest Degree Unpleasant.

A writer says in the American Magazine in an article dealing with the business woman:

"If he invites you to luncheon, do not snub the poor man and tell him in a haughty voice that you never mix business with pleasure, or something equally bromide. Smile at him—not coquetishly, but frankly and humanly, and tell him you never eat luncheon. If he is more than usually thick-headed and follows up the invitation with an invitation to dinner and the next day he will know what you meant and—as it is the next day—he will be glad that you did not accept. If he compliments your clothes, be frankly pleased and tell him that you like that suit, also. If he comments on your pretty coat, reply just as frankly as though you were another man that so much outdoor work is a splendid thing for the health. Honor him, but after every departure from the aisles of business lead him gently but firmly back to his pew and hold him there."

## Open Schools of Commerce.

Consul Arthur McLean reports from Puerto Plata, Dominican Republic, that a school of commerce has recently been opened in San Pedro de Macoris by the Association of Commercial Employers. The school is open to men and women, and its courses will hold both in the day and evening. The new school includes courses in arithmetic, commercial practice, bookkeeping, grammar, and commercial correspondence.

## A Little Early.

The Mouse—What's the trouble, Jack? Jack in the Box—Oh, just a little spring lassitude; that's all.

He who prizes men and flatters women has many fair weather friends.

Any of the heavier weaves of cotton will serve for these. Patterns for dresses very like these will occur to you that have been published by the Association of Commercial Employers. Mothers select the plainest ones and make up quantities of gingham for play dresses. The separate skirt and the separate blouse are made for each other and each makes its entry very early and

## Women whose sensitive nerves often yield to coffee's harmful stimulation, appreciate the change resulting from a ten days trial of INSTANT DOSTUM INSTEAD OF COFFEE.

Such a delicious drink makes the change easy and better nerves make it a permanent one.

There's a Reason

# What Well Dressed Women Will Wear



SPRING DRESSES FOR LITTLE GIRLS.

Spring dresses for little girls are abundantly displayed just now and all women appear to enjoy looking at them. Surely she who has no interest in any little one is missing something that belongs to her; for these little dresses bring a smile and a lingering look to all eyes.

Cottons as fine and smooth as those woven in French looms, and cuttings of stores, gay and soft, make the sections of the dresses as they are shown as bright as spring gardens. These fine cottons are the product of American looms and these lovely colors show how great an advance has been made in the manufacture of American dyes.

The dress at the left is so adequate, pictured that it hardly needs description. It is shown in several patterns of fine gingham and is made with pockets cut on the diagonal, narrow bias banding and a collar of plain chambray of the same color as the dark bar in the gingham. The little dress at the right is of Peter Pan collar, much like a smooth chambray, but softer. It is shown in light yellow, medium shade of blue and two or three pink tones. There is a smocked panel between platts at the front and back and collar and cuffs of white cotton, with buttonhole scallops on the edges.



When you will Brossi, observed old Durkin, "if you call him, you see to it that I have a chance to overtake him." "They say red-hot places can't be influenced, but I speak one interesting word," I said.

"I'll make him speak, once," and a retrospective look came into Durkin's eyes. "I was a traveling mountebank, you will fellows would cut it, not as a student of the sciences, but as a man of letters, and the next afternoon I prepared to find out why he had chosen a ten-ton in an old, half-ruined factory building as his place of habitation."

I had managed to find a hiding place under a mark, away, covered and covered with a thick coat of paint, and a side curtain, was a side Brossi came out to get some water in a tin pail. As he was out of view for the moment, I slipped out of my hiding place and made my way to the door.

SEPARATE SKIRTS MAKE EARLY ENTRY.

These skirts with surfaces broken by plaids and stripes, are to be worn with blouses in a plain color or white. But blouses with collar and cuffs, and perhaps narrow shoulder yokes like the skirt, result in pretty costumes, leaving the skirt the privilege of changing partners if it is so minded and appearing with other blouses that do not wear its colors.

feeling sure that if our motives have been right, and we can find something to love even in the hard things of life, our little ones will see and know, and will "rise up and call us blessed."—Exchange.

Wees of the Rich.

"It must be nice to have a lady's maid," Mrs. Bar is announced in the day's cook doesn't come and you have to cook for the lady's maid," said the other lady with a sigh.—Louisville Courier-Journal.

## SELF DEFENSE

### Defeat Backache and Kidney Trouble With Anuric

Many people in this section have suffered from rheumatism and kidney trouble and have found that Anuric was the successful remedy to overcome these painful and distressing ailments.

The lucky people are those who have used Anuric in the early stages of their ailment. They needed nature's warning signal in time to correct their troubles with the Anuric. Anuric is a powerful diuretic, called "An-uric" (double strength). You should use it at once, and it will give you some relief from your backache, kidney trouble, and rheumatism.

Smoking in Church.

Smoking in a church is a Dutch custom, London Times states. Dutch men are such inveterate smokers that they have a special service in their churches. They find himself unable to deprive himself of the indulgence even for the short period of a church service. A similar practice exists in several churches in South America.

The practice is said to have been prevalent in the Netherlands at the beginning of the seventeenth century. At one time smoking was carried to such an excess in Seville cathedral that the monks were obliged to put up with a "smoked" church. The monks were obliged to put up with a "smoked" church. The monks were obliged to put up with a "smoked" church.

## GREEN'S AUGUST FLOWER

has been a household remedy all over the civilized world for more than half a century for constipation, indigestion, troubles, torpid liver and the generally depressed feeling that accompanies such ailments. It is a most valuable remedy for indigestion or nervous dyspepsia and liver trouble, bringing on headache, coming up of food, palpitation of heart and many other symptoms. A few doses of August Flower will immediately relieve you. It is a gentle laxative. Ask your druggist. Sold in all civilized countries.—Adv.

## RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Boric Compound, and 2 oz. of glycerine. Mix thoroughly, put this up in a glass jar at home at night, and use in the morning for washing the hair, and use in the evening for washing the face. It will gradually darken gray hair, and make it soft, glossy, and will not color the scalp, is safe, and does not rub out. Adv.

## Stop That Cold At Once

HILL'S PINKETTES  
CASCARA QUININE

The old family remedy—in tablet form—acts in 24 hours. Cures colds, coughs, croup, whooping cough, influenza, and all other ailments of the throat and lungs. It is a most valuable remedy for indigestion or nervous dyspepsia and liver trouble, bringing on headache, coming up of food, palpitation of heart and many other symptoms. A few doses of August Flower will immediately relieve you. It is a gentle laxative. Ask your druggist. Sold in all civilized countries.—Adv.

## YOU NEED NOT SUFFER WITH BACKACHE AND RHEUMATISM

For centuries GOLD MEDAL Harlem Oil has been a standard household remedy for all the ailments connected with the urinary organs, the kidneys and bladder, and the bowels and stomach. It is a most valuable remedy for indigestion or nervous dyspepsia and liver trouble, bringing on headache, coming up of food, palpitation of heart and many other symptoms. A few doses of August Flower will immediately relieve you. It is a gentle laxative. Ask your druggist. Sold in all civilized countries.—Adv.

## Canada made me Prosperous

—that's what thousands of farmers say who have gone from the U. S. to settle in Canada or by land in Western Canada. Canada's invitation to every industrious worker to settle in Manitoba, Saskatchewan or Alberta is especially attractive. She wants farmers to make money and happy prosperous homes for themselves by helping her raise immense wheat crops to feed the world.

## You Can Get a Homestead of 160 Acres Free

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