

WHY WOMEN WRITE LETTERS

To Lydia E. Pinkham Medicine Co.

Women who are well often ask "Are the letters which the Lydia E. Pinkham Medicine Co. are continually publishing, genuine?" "Are they truthful?" "Why do women write such letters?"

In answer we say that never have we published a fictitious letter or name. Never, knowingly, have we published an untruthful letter, or one without the full and written consent of the woman who wrote it.

The reason that thousands of women from all parts of the country write such grateful letters to the Lydia E. Pinkham Medicine Co. is that Lydia E. Pinkham's Vegetable Compound has brought health and happiness into their lives, once burdened with pain and suffering.



Opera House
Beginning
Saturday, Sept. 30
HEN WISE-FRANK POOLE
Co.
MINSTRELS
EXTRAORDINARY
20—Bean and Belles—20
Prices—25c, 50c and 75c

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Diamonds
Watches
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Sold on Easy Payments
American Jewelry Co.
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at
The Model Clothiers
FORT ST.

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PROF. J. S. WANLESS
Course of 12 Weeks
First winter at Honolulu.
Special arrangements and hours for School Teachers and Scholars, by appointment only.
Royal Hawaiian Hotel, or Room 3, McCarris' on Bldg., Fort St. nr. Hotel.

Y. TAKAKUWA & CO.
Limited
"NAMCO" CRABS, packed in Sanitary Cans, wood lined.
Nuuanu St., Near King St.

KENNETH ALEXANDER
Portraits
Out of the city until Oct. 1st, 1916

Now Eyes, Grandfather Eyes, inflamed by exposure to sun, dust and wind, quickly relieved by Murine Eye-Soothing Drops.

SOCIETY

SEMPLER-GORDON
The following notice will be received with interest here:
"Married—Sempler-Gordon: At Vancouver, B. C., on September 26, 1916, by the Rev. Dr. Logan, David M. Sempler (Cotton, Neill & Company, Honolulu) to Barbara, third daughter of James F. Gordon, Aberdeen, Scotland."

COAST SOCIAL NOTES
Mr. and Mrs. Platt Kent (Miss Genevieve Cunningham) are passing their honeymoon at Mrs. William Deleware Neilson's ranch near Saratoga. Their wedding was an event of September 2. Mrs. Neilson's home is in the vicinity of many beautiful motor roads and is near the Big Basin. The young couple will probably remain there for another week.—San Francisco Chronicle.

Henry Miller and Miss Ruth Chatterton were the guests of Dr. and Mrs. Grant Selfridge at a dinner party Wednesday evening. The other guests were Mr. and Mrs. Henry Foster Dutton, Mr. and Mrs. George Kelham, Miss Marion Newhall, Miss Augusta Foute, Thornwell Mullally, Fenris Hill and Ben All McAlle.—Examiner.

Lieut. Francis Pryor is with his ship in San Diego. Mrs. Pryor, who has been visiting her parents, Mr. and Mrs. Gerard Stoney, during the summer, will leave shortly for the south, where she will join her husband. She will be accompanied by her infant son.—San Francisco Chronicle.

Naval Constructor Paul H. Fretz, with a party of friends, returned last Thursday from a week's trip to Lake Tahoe. They left Friday in Constructor Fretz' car. C. K. Winn, one of the party, was forced to leave Sunday and return to the navy yard to serve on the examining board.—San Francisco Chronicle.

Wednesday evening Mrs. D. M. Keat, mother of Mr. Black, gave a dinner party at which several married relatives were guests. Mrs. Black returned to New York Thursday morning.—San Francisco Chronicle.

Mr. and Mrs. William Roth are rejoicing over the arrival of an infant son. Mrs. Roth was Miss Lurline Matson, the only child of Capt. and Mrs. William Matson of this city.—San Francisco Chronicle.

Mrs. Alfred Bjornstad, formerly Miss Irene Bablin, who has been visiting her mother, will leave shortly to join her husband, Capt. Bjornstad, at Fort Leavenworth.—San Francisco Chronicle.

Miss Helen Keeney, Miss Ruth Zelle and Miss Beatrice Nickel are members of a house party that is being entertained by Miss Helen Crocker over the week-end.

Comdr. and Mrs. John S. Graham of Mare Island are planning a party for next Saturday.—San Francisco Chronicle.

A POTATO WRINKLE
The housewife who presides over a modest flat was consigning a lot of old potatoes to the ash box when a visitor, with a mild remonstrance, bade her desist, says the London Daily Chronicle. Then she told her of a plan devised by a British gardener, by which these old tubers can be made to do good service. She made the housewife pick out all those having a moderately sound appearance, the fact that they were wrinkled did not matter. Then she was told to place them on the shelf of some quite dark place, a cupboard or a cellar, and just leave them alone. The potatoes were not to touch one another. "Then," said the friend, "forget all about them for two or three months. At the end of this time go and have a look and you will be astonished at what has happened. All the old tubers will be simply covered with nice new potatoes about as big as walnuts. Pick these off and cook them (they will not need any peeling), and you will think it quite the nicest dish you have ever had. Even now there is no need to throw the old potatoes away, for they will go on budding off the new tubers for a long while, until there is nothing left of them except a little crumpled skin."

COCKROACHES IN THE KITCHEN
How to Exterminate These Pests That Spoil the Food.
Nothing is more repulsive to the neat housewife than to see cockroaches crawling around the kitchen, pantry or closet, spoiling food and injuring clothing. The easiest and most effective way to completely exterminate them is with Stearns Electric Paste, the deadly foe of rats, mice, cockroaches, water bugs and all vermin. Get a two-ounce box of Stearns Electric Paste from your druggist for 25 cents and use it at night as directed, and in the morning sweep up a handful of dead cockroaches. Directions in 15 languages in every package.—Adv.

HIPS ARE IN STYLE
Hips are in, or rather they are out, for they are being made as conspicuous as boning, wiring and padding will make them. Some of the designers are going so far as to call for hip bustles in the newest gowns. While the rank and file of womanhood is not going to take this extreme, the prominent hip is a feature of new frocks.

In the Woman's World

BEAUTY CHATS

Beauty Baths For Feet
Most of the ills of the foot are due to insufficient bathing. The rest are from badly-shaped shoes. Wouldn't we all be nervous wrecks if we had to go about barefoot, or if Fashion declared that barefoot sandals should be the only proper footwear?



Pointed-toe shoes are responsible for corns in this generation, and deformed feet in the next. They should never be worn. If you want your feet to be beautiful, you should examine your type of foot carefully, and wear only shoes to go with that type. Most women with long feet and short toes are trying to wear the fashionable long vamp shoes, the result being bunions. They should wear only short vamps. Women whose second toe is longer than the great toe are forcing themselves into pointed-toe shoes, thereby crushing the long toe under the first one, making a corn on it, and eventually making it a useless member of the foot. They should wear round-toe shoes. And so it goes. Narrow shoes will not harm the foot so much, if only they allow space for each toe. Now for bathing—the feet should be bathed and rubbed hard every day. Salt baths are especially good, nothing can excel them if you are tired from work. A hot salt bath or a "salt soak" of fifteen minutes will relieve many a headache and ward off many a cold. If you are troubled with perspiring feet, these salt baths will be doubly beneficial. Pouring a little powdered boracic acid in the shoe will also help relieve perspiration. Talcum powder is almost as good. Rubber heels are good investments, they do break the jar of walking on hard pavements and keep the feet from tiring.

Questions and Answers
Being a reader of the Beauty Chats I wonder whether you could help me as you have other readers. Since I am seventeen years of age I have been troubled with a red nose. Have tried everything, but nothing seems to help me. I have been treated by a nose specialist, and have used the enclosed preparation.

Reply—Don't use any powerful bleach so delicate a thing as the skin. The accepted cause of red nose is that the blood vessels are too near the surface of the skin, so that the vessels are clogged around the base of the nose, preventing the blood from free circulation. A very good specialist may relieve this congestion. I would go to a medical, not a beauty specialist. Keep the blood in good order always.

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THE NATURE OF HEALTH

Health, or haleness, or wholeness, for all these terms have one derivation, and to a large extent, one meaning, should be considered as something much more than the mere absence of disease. Living as we do amid conditions utterly unlike those which obtained in the earlier history of our race, when our inherent nature was being built up, real health is, not unnaturally, a far from general possession. In a perfect or ideal state of health not merely should there be an absence of pain and of consciousness of indifferent working of any part of the body, but there should be also a general feeling of physical exhilaration, of well-being, which is an essential condition of perfect happiness. To attain such a state is worth a good deal of effort, a good deal of prudence, and a good deal of abstinence.

The steps needed to be taken are as unlike those of the ordinary coddler or of the ordinary hypochondriac, eternally thinking about his health and the numerous diseases of which he fancies that he recognizes the earliest symptoms, as it is possible to be. Not the avoidance of every possible hardship, of every varying condition of temperature, and of every drop of rain, is the method, but the careful hardening and strengthening of the body so that on exposure to those conditions it is able to adapt itself accordingly.

What, then, are the general rules which should be followed if we aim at health? In the first place we should normally avoid excess of every kind, though even moderation, which should be our daily practice, may well be modified occasionally. In food, in drink, in sleeping, and in exercise, in mental work as in physical work, this moderation should normally be applied. But as we live in a world where conditions vary immensely, it is essential that the body should be trained to bear occasional excess without undue strain.

In order to bring about this adaptability it is necessary that we take steps to expose the body to great variations of temperature, that we train ourselves to do occasional work of great severity or of great rapidity, that we accustom our digestive organs to deal on occasion with foods other than those which normally we consider desirable. It is doubtful if perfect health is possible unless we live the greater part of our time in the open air. It is therefore usually easier for country people to attain health than it is for town people. Yet they by no means always do so. It is probable, indeed, that in spite of his more favorable environment in many ways, the countryman who does not happen to be engaged in farm work lives quite as sedentary and stuffy a life as any townsman. The open window, for example, is more generally found in the town than in the country. And a stuffy bedroom, in the midst of pure air, is far more harmful than a well-ventilated bedroom even in the heart of a city.

Guglielmo Marconi, inventor of wireless telegraphy, has been transferred from the Italian engineer Corps and appointed temporary captain of the navy.

HOW TO BANISH WORRY

How is a man or woman to control his or her thinking so that disturbing thoughts may be prevented from interfering with the power to work, to eat, to sleep, to carry on the ordinary affairs of life?

It is a question not readily answered unless one knows the questioner. For every person has individual peculiarities which have to be reckoned with in the gaining of mental control. Still there are some general rules of virtually universal helpfulness. Their observance will always go far to establish the desired self-mastery of the mind. And the first of these rules is to keep your body in as healthy a condition as you possibly can.

Often a disordered physique is responsible for bad mental habits (says a writer on health topics). Nor need the disorder be either serious or extensive in order to cause marked weakening of mental control. The victim of slight local troubles, such as tooth decay or unsuspected eye-strain, is all too likely to find his power of concentration decreasing, while at the same time he shows an increasing tendency to irritability and worry.

So is the man or woman who is careless about exercising, bathing, eating at regular hours and in proper amount, and getting plenty of fresh air in living rooms and sleeping quarters. In short, always remember that anything which affects the body adversely is bound to have more or less adverse effect on the mind.

As a second aid in the gaining of mental control and the banishing of disturbing thoughts, shift the center of interest from yourself to external things. Worriers are abnormally self-centered. What they need above all else is to become self-forgetful.

This may be achieved in various ways. One is by cultivating a greater interest in one's work. Another by taking up a congenial hobby. Substitute an impulse of altruism for the deadening impulse of egotism.

When disturbing thoughts do come, neutralize them by taking stock of recent happenings that have been favorable or otherwise pleasing to you. This will have the effect both of diverting your attention from the subject that disturbs you, and also it will serve to convince you that there is plenty of good in life as well as evil.

This system of taking mental stock is a device for the cultivation of optimism, of a hopeful, buoyant, cheerful frame of mind. And optimism, let me say emphatically, is absolutely indispensable to everyone who would really gain mental control.

THE PINAFORE FROCK

The revival of pinafore dresses comes as welcome news to girls who like to look well dressed without undue outlay. There are few garments more becoming than the well made pinafore dress, especially to girlish, slender figures.

One of the best dressmakers in Paris is making genuine pinafore robes—i.e., apparently shapeless dresses.

Prominent bankers have discredited the report from Mexico City that New York bankers were negotiating with representatives of Mexico for a \$250,000,000 loan.

WOMAN'S SOCIETY TO HAVE RECEPTION FOR NEW TEACHERS HERE

At a reception tomorrow afternoon at Central Union church, given by the Women's Society for the new teachers in Honolulu, both men and women, a most enjoyable musical and literary program will be presented. Miss Margaret Steven, the accomplished young violinist, will give two numbers; Mrs. W. D. Westervelt will give a piano solo. Raschmaninoff's "Barcarolle," and Miss Elizabeth Hobbly will recite.

To this reception, which will be held from 3 to 5 o'clock, all those interested in such a program and in meeting the new educators in town are cordially invited. The members of the society hope that any strangers in town, not only teachers but any newcomers, will come to this informal afternoon gathering.

THE MODERN GIRL AND DEPARTMENT

It would be patriotic to teach dress scientifically (writes a correspondent of The Times), and so modify the instinctive love of the picturesque which allows practical girls to wear clothes which suggest sentimental chromo-lithographs or trawlettes of male attire, just as incongruous. Where neatness, economy, and good sense are to be found together—and very many women in London show all these qualities in dress—there remains what the old-fashioned schoolmistress called "deportment." It is easy to imagine Miss Austen's sarcasm delicately denouncing the modern girl's widely-swinging arm, the round back of the young woman, the narrow chest of those whose occupations are sedentary, and the lack of rhythm in the movement of many splendid, healthy young figures. Without a graceful carriage no dress looks well, and the prettiest hat is a failure if the head is not carried. To walk well and sit gracefully is more than half good dressing; the rest is a question of neatness. As neither good deportment nor neatness costs money or takes up time, they can be studied with a clear conscience even in those serious days.

A SIMPLE REMEDY.

A teaspoonful of dry bran taken after each meal is a simple and helpful remedy in cases of constipation.

Sammy Smith, famous some years ago as a lightweight pugilist is dying in a Philadelphia hospital, suffering from an incurable malady.

A Woman's Will
It is just as important for a woman to make a Will as it is for a man.
Unless she does, her property and personal belongings will be distributed by the courts to the legal heirs, who are quite likely not to be those whom she would wish to have as her beneficiaries.
A carefully drawn Will guards against all chance of mistake or unsatisfactory distribution of property.
Our Officers will be pleased to furnish advice and information regarding the making of a Will and the safeguarding of estates, and consultations entail no obligation whatsoever.

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HONOLULU, H.T.
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BEAUTIFUL ORIENTAL GOODS
FONG INN & CO.
Nuuanu St., near Pauahi St.

New Shipments of Draperies make choosing very easy, now.

A truly remarkable showing of New Draperies ---50 inches wide

For variety of patterns and coloring—and newness—these drapery materials shown in our window exceed anything you've yet seen. The silk brocaded Tapestries and the French Tapestries are very good when used in a uniform scheme of upholstery and hangings. Less imposing effects, but none the less beautiful, are shown in the new "Sun Fasts." All are 50 inches wide and are priced:

Silk Tapestries in stripes and all-over brocades, \$5.50 yard.	French Tapestries New floral designs \$3.50 yard.	Sun Fasts Plain poplin weaves, yard, \$1.50.
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