

## ITS MERIT IS PROVED RECORD OF A GREAT MEDICINE

A Prominent Cincinnati Woman Tells How Lydia E. Pinkham's Vegetable Compound Completely Cured Her.

The great good Lydia E. Pinkham's Vegetable Compound is doing among the women of America is attracting the attention of many of our leading scientists, and thinking people generally.



The following letter is only one of many thousands which are on file in the Pinkham office, and go to prove beyond question that Lydia E. Pinkham's Vegetable Compound must be a remedy of great merit, otherwise it could not produce such marvelous results among sick and ailing women.

Dear Mrs. Pinkham: "About nine months ago I was a great sufferer with female trouble, which caused me severe pain, extreme nervousness and frequent headaches, from which the doctor failed to relieve me. I tried Lydia E. Pinkham's Vegetable Compound, and within a short time felt better, and after taking five bottles of it was entirely cured. I therefore heartily recommend your Compound as a splendid female tonic. It makes the monthly periods regular and without pain; and what a blessing it is to find such a remedy after so many doctors fail to help you. I am pleased to recommend it to all suffering women."—Mrs. Sara Wilson, 31 East 34 Street, Cincinnati, Ohio.

If you have suppressed or painful periods, weakness of the stomach, indigestion, bloating, pelvic catarrh, nervous prostration, dizziness, faintness, "don't-care" and "want-to-be-left-alone" feeling, excitability, backache or the blues, these are sure indications of female weakness, or some derangement of the organs. In such cases there is one tried and true remedy—Lydia E. Pinkham's Vegetable Compound.

### SUNFLOWER PHILOSOPHY.

There is no one any prouder than the girl who has a pretty white neck.

We have noticed that a baldheaded man has always plenty of hair brushes. Love may make the world go round, but it takes jealousy to make it move lively.

When a man eats a peach in the dark, is the joke on him or on the worm?

One of the remarkable features of childhood is the kind of singing that will put it to sleep. When a woman announces that she puts up cherries with the pits in, the women who take out the pits think to themselves: "How shiftless!"

What has become of the old-fashioned person, who said, when attending a funeral: "I prefer to remember him as he looked in life, and don't care to view the remains?"—Atchison (Kan.) Globe.

### CURIOS AND ODDITIES.

Only one woman in 100 insures her life.

Ellen Terry is passionately fond of cats.

Sarah Bernhardt has a huge bed 15 feet long.

Fatti sleeps with a silk scarf about her neck.

Brides in Australia are pelted with rose leaves.

In stature Eskimo women are the shortest on earth.

No photographs are ever taken of women in China.

A woman's brain declines in weight after the age of 30.

In Africa wives are sold for two packets of hairpins.

New York has 27,000 women who support their husbands.

Drunkennes is rare, smoking common among Japanese women.

A thing ceases to be a luxury after we have money enough to afford it.

### PHYSICIAN SAYS

Children Thrive on Grape Nuts and Cream.

A Mass. physician has found a cure for constipation in children—citing fifteen cases—by feeding them Grape-Nuts.

"Some time ago," he writes, "I became interested in your food, Grape-Nuts, as a cure for constipation in children. Having tried it in my own family, I have advised it in fifteen cases in which all suffered with constipation more or less severe. The result has been absolute relief in all."

"I write this that other children may be benefited."

How much better it is thus to bring about a healthy action in the bowels of growing children by natural means, than to feed them with improper food, requiring some kind of cathartic at intervals to overcome constipation.

Grape-Nuts gives energy to the entire nervous system including the nerves that cause the natural contraction and relaxation of the bowel muscles, that propel the food mass along.

It is predigested also, and the blood easily absorbs the food as it goes through the body, storing up vitality and force for the functions of all the organs.

Children especially, should get the right start as to habits of living. They should grow into bright, strong, cheerful men and women. Grape-Nuts solve the question of the start; a wholesome appetite will do the rest.

Children's teeth are benefited by chewing Grape-Nuts, also. Your dentist will tell you that a certain amount of exercise in chewing firm food, is necessary to grow strong, beautiful teeth.

Teeth need exercise just the same as muscles, if they are to grow strong and firm as nature intended. Grape-Nuts gives the exercise and also gives material from which good teeth are made.

"There's a reason." Read the little book, "The Road to Wellville," in 100 pages.

# THE AMERICAN HOME

W. A. RADFORD EDITOR

Mr. William A. Radford will answer questions and give advice FREE OF COST on all subjects pertaining to the subject of building for the readers of this paper. On account of his wide experience as Editor, Author and Manufacturer, he is, without doubt, the highest authority on all these subjects. Address all inquiries to William A. Radford, No. 18 Fifth Ave., Chicago, Ill., and only enclose two-cent stamp for reply.

Such houses as this are needed in every community, and they may be built for rent to advantage by men having a little money at their disposal. The size of this house on the ground is only 27 feet 6 inches by 30 feet, which does not include porches, but it contains the nucleus for a great deal of comfort.

In many communities the front hall is not necessary or desirable. The families occupying small houses frequently would prefer having the space put to a more utilitarian purpose. There are always children to be provided for, and they should have good comfortable bedrooms fitted up with furniture and fixtures to please their youthful ideas. Happy is the boy or girl that is lucky enough to have a bedroom for their special use—a place to keep their tops and other belongings, where they can take a schoolmate for a talk or to show them their latest acquisitions in games, sporting paraphernalia or toys.

Such rooms are not common in the homes of the poorer classes—a fact that is not creditable to our age and generation. I am doing everything possible to remedy this state of affairs.

This house can be built for \$900 or \$1,200 without plumbing or heating plant; but the plumbing is very simple and the heating may be provided for by placing a good stove in the living room. In this plan the kitchen is nearly square, well lighted and has good means of ventilation. A door opening onto the back porch and a good sized pantry in a corner, with a

pot cupboard under the stairway, makes the kitchen as convenient as kitchens in larger houses.

This plan provides for a cheap stairway, but being partially open it has a pleasing appearance from the dining-room and because of its winding construction it takes very little room. In fact this plan is carefully designed to utilize to the best possible advantage every inch of space. The study of the floor plans will show this.

While the house is not very big on the ground it is fully two stories high with an attic. An attic is a great cooler for the upper rooms. It prevents the



heat of the sun from striking down. It acts as a sort of a buffer between the hot roof and the ceiling below.

Although the house is small there are no tiny little rooms such as most small houses have. Every room is light and airy, and every part of the house is pleasant. Like many of my selections for small houses there is no hallway upstairs. There is just a landing—large enough to hold the four doors that open into the different rooms. This is one reason why this little house is so commodious and comfortable. Hallways are all right if you have the room for them, and a furnace in the cellar to keep them warm. But a good many families would rather do without the hallway and have the cellar room to use for other purposes, and use stoves for heating.

In outward appearance this little house is very pleasing. In front it has a sort of a two-story gable, which distinguishes it from any other house on the street. The wide window in the front of the living room also makes for an artistic effect. The front porch is large enough for comfort and well

proportioned to the size of the house. Architects are fond of porches, because they relieve what would otherwise be a plain front, and they are sometimes inclined to overdo the matter.

When I visit a community it is natural for me to notice the character of the houses that are occupied by families in moderate circumstances. There are few rich men in any community. The great bulk of our population is made up of honest, hard working peo-

ple who are not blessed with an over abundance of this world's possessions. This class appeals to me and I would like to see them better housed, and I know it is quite within reason to expect it.

Another thing I notice in traveling about is the attention given to flowers and shrubbery. No house is complete without some outside ornamentation. A great advantage of living in a small place is the amount of ground that is

available and the freedom to plant and grow flowers and shrubs. The plainest house may be made attractive with a Dutchman's pipe vine and Virginia creeper, or even a wild grape vine, if the vines are thrifty, properly trimmed and artistically trained. Fortunately we have many hardy vines that almost care for themselves after the first year or two. The ones mentioned are especially valuable for this reason.

If this house is built with the dining-room side to the west, a couple of lengths of woven wire fencing may be hung from the gable over the double dining-room windows and the window in the bedroom above. A Virginia creeper will soon get to the top of this wire trellis and form a welcome screen from the afternoon sun in summer. In the winter when the sunlight is wanted in the rooms the leaves are off, and the vine with its open trellis support makes little or no shade. Vines trained in this manner do not damage the house and the vines themselves do better than when tacked to the siding as we often see them.

This kind of decoration requires the attention of a man. A woman can manage the flower beds very well, but a little help from the men folks make the task easier and much more pleasant. Then a man takes a great deal more interest in his home if he has a few vines and a bit of shrubbery to look after as the seasons come and go.

**The Safety Mustache.** Patience-Peggy says that a mustache keeps the microbes out of the mouth.

Patrice—That's the reason she likes to kiss a man with a mustache, I suppose.—Yonkers Statesman.

**IN THE OLD PARLOR.** Erma—Why in the world did Katharine give up Jack for Tom? Surely, Jack was always pressing the question.

Ida—Yes, but Tom was always pressing Katharine.

**PUTNAM FADELESS DYES** do not stain the hats or spot the kettle, except green and purple.

The office might still seek the man if the politicians didn't blindfold it.

**A Harmless Laxative.** If you must take a laxative, take a harmless one. Lax-Fos does not gripe, therefore does not irritate. Irritation is what does the harm. Price 50 cents.

**Fishermen Using Motor Boats.** Iceland's fishermen have taken to using motor boats in their business. Automobiles and motor boats have also made their way to Helmsfors, Finland.

**WANTED**—For U. S. Army, of able bodied, unmarried men, between ages of 21 and 35; citizens of United States, of good character and temperate habits, who can speak, read and write English; for information apply to recruiting officer, 136 N. Court, Memphis, Tenn.; 329 Main, Jonesboro, Ark.; or Tupelo, Miss.

**Fanny Davenport's Debut.** Fanny Davenport's New York debut was at Barton's Chambers street theater, February 23, 1857, when she sang a verse of "The Star-Spangled Banner" in a ballet of little girls. The theater was under the management of E. L. Davenport and Harry Watkins.

**BOYS TERRIBLE ECZEMA.** Mouth and Eyes Covered with Crusts—Hands Pinned Down—Miraculous Cure by Cuticura.

"When my little boy was six months old, he had eczema. The sores extended so quickly over the whole body that we at once called in the doctor. We then went to another doctor, but he could not help him, and in our despair we went to a third one. Matters became so bad that he had regular holes in his cheeks, large enough to put a finger into. The food had to be given with a spoon, for his mouth was covered with crusts as thick as a finger, and whenever he opened the mouth they began to bleed and suppurate, as did also his eyes. Hands, arms, chest and back, in short the whole body was covered over and over. We had no rest by day or night. Whenever he was laid in his bed, we had to pin his hands down; otherwise he would scratch his face and make an open sore. I think his face must have itched most fearfully.

"We finally thought nothing could help, and I had made up my mind to send my wife with the child to Europe, hoping that the sea air might cure him, otherwise he was to be put under good medical care there. But, Lord be blessed, matters came differently, and we soon saw a miracle. A friend of ours spoke about Cuticura. We made a trial with Cuticura Soap, Ointment and Resolvent, and within ten days or two weeks we noticed a decided improvement. Just as quickly as the sickness had appeared it also began to disappear, and within ten weeks the child was absolutely well, and his skin was smooth and white as never before. F. Hohrath, President of the C. L. Hohrath Company, Manufacturers of Silk Ribbons, 4 to 20 Rink Alley, South Bethlehem, Pa., June 5, 1905."

**REST THAT RESTS** Rest means rest. "Cut out" worrying. Rest with a capital R. Few persons know how to rest. Rushing for trains and boats isn't resting. Being elbowed by a vulgar mob isn't resting. Neither is staying home and being annoyed by endless details. Overdressing, overeating and too much excitement are not restful. Over Sunday rest is best accomplished by a trip to some restful place. The idea is to discover what best agrees with one and then to follow it as well as possible.

**DAZED WITH PAIN.** The sufferings of a Citizen of Olympia, Wash.

L. S. Gorham, of 616 East 4th St., Olympia, Wash., says: "Six years ago I got wet and took cold, and was soon flat in bed, suffering tortures with my back. Every movement caused an agonizing pain, and the persistency of it exhausted me, so that for a time I was dazed and stupid. On the advice of a friend I began using Doan's Kidney Pills, and soon noticed a change for the better. The kidney secretions had been disordered and irregular, and contained a heavy sediment, but in a week's time the urine was clear and natural again and the passages regular. Gradually the aching and soreness left my back and then the lameness. I used six boxes to make sure of a cure, and the trouble has never returned."

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

**Will Widen Kiel Canal.** The ever-increasing dimensions of war vessels has led the German government to conclude to widen the Kiel canal from 60 to 130 feet, and the width at the surface from 130 feet to 350 feet. The proposed improvements, it is estimated, will cost nearly \$50,000,000.

Nearly \$400,000 is to be expended by the Illinois Central Railroad for new passenger train equipment. The outfit which has just been authorized by the Board of Directors covers the purchase of the following cars:

Twenty-five coaches and chair cars, ten baggage cars and ten mail cars. All of the new equipment will be of the latest design and finest finish.

Wigg—"Was he born great, or did he achieve his greatness?" Waggs—"I rather think he thrust himself upon it."

When the average man dies the loss is generally covered by insurance.



# What Joy They Bring To Every Home

as with joyous hearts and smiling faces they romp and play—when in health—and how conducive to health the games in which they indulge, the outdoor life they enjoy, the cleanly, regular habits they should be taught to form and the wholesome diet of which they should partake. How tenderly their health should be preserved, not by constant medication, but by careful avoidance of every medicine of an injurious or objectionable nature, and if at any time a remedial agent is required, to assist nature, only those of known excellence should be used; remedies which are pure and wholesome and truly beneficial in effect, like the pleasant laxative remedy, Syrup of Figs, manufactured by the California Fig Syrup Co. Syrup of Figs has come into general favor in many millions of well informed families, whose estimate of its quality and excellence is based upon personal knowledge and use.

Syrup of Figs has also met with the approval of physicians generally, because they know it is wholesome, simple and gentle in its action. We inform all reputable physicians as to the medicinal principles of Syrup of Figs, obtained by an original method, from certain plants known to them to act most beneficially and presented in an agreeable syrup in which the wholesome Californian blue figs are used to promote the pleasant taste; therefore it is not a secret remedy and hence we are free to refer to all well informed physicians, who do not approve of patent medicines and never favor indiscriminate self-medication.

Please to remember and teach your children also that the genuine Syrup of Figs always has the full name of the Company—California Fig Syrup Co.—plainly printed on the front of every package and that it is for sale in bottles of one size only. If any dealer offers any other than the regular Fifty cent size, or having printed thereon the name of any other company, do not accept it. If you fail to get the genuine you will not get its beneficial effects. Every family should always have a bottle on hand, as it is equally beneficial for the parents and the children, whenever a laxative remedy is required.

## I was a Victim

of Dyspepsia for a number of years, and suffered from loss of appetite, headache and pains in the lower bowels. I used many different treatments but was unable to get the complaint under control." This was the experience of Mrs. Georgia Anna Arties, of Shannon, N. C., and she writes of the result of her continued efforts for finding relief: "I was advised by friends to try

## St. Joseph's Liver Regulator

which I did, and before I had taken one package I found that I was being greatly benefited. I have used three boxes and stand ready to pronounce it the best and finest medicine I ever used or heard of, and I am telling all my friends about it."

St. Joseph's Liver Regulator has been on the market for twenty-five years—it is put up in large tin boxes—it is guaranteed to give satisfaction and keep its full strength in any climate. It should be used in all cases of Indigestion, Constipation, Bileousness, Dyspepsia, Sour Stomach, Dropsy, Liver Complaint, Heart palpitation, Chills and Fever, and all derangements of the liver and kidneys.

GERSTLE MEDICINE CO., Chattanooga, Tenn. At all Dealers, in 25-cent Boxes.

## Libby's Food Products

enable you to make good meals out of "hurry" meals. Libby's Food Products are ready to serve when you get them, yet are cooked as carefully and as well as you could do in your own kitchen.

On Tomatoes, Dried Beef, Baked Chicken, Deviled Ham, Veal Loaf—these are but a few of the many kinds your dealer keeps.

Try for luncheon or supper tomorrow, some sliced Chicken Loaf.

Booklet, "How to Make Good Things to Eat," free if you write Libby, McNeill & Libby, Chicago.



**60 Bus. Winter Wheat Per Acre** That's the yield of Salzer's Red Cross Hybrid Winter Wheat. Send for a free sample of seed, or also catalogue of Winter Wheat, Rye, Barley, Clovers, Timothy, Grasses, Bulbs, Trees, etc. for Fall-planting. SALZER SEED CO., Box 111, La Crosse, Wis.

"Uncle Tom's Cabin" an Operetta. "Uncle Tom's Cabin" has been given as an operetta. It was originally sung at the Music Hall, Lynn, Mass., October 6, 1866.

You Don't Have to Wait. Every dose makes you feel better. Lax-Fos keeps your whole inside right. Not one gripe in a full bottle. Sold on the money back plan everywhere. Price 50 cents.

When the average man dies the loss is generally covered by insurance.

**FOR HALF A CENTURY WOOD'S FEVER PILLS** HAVE BEEN RECOGNIZED AS A SURE CURE FOR ALL BILIOUS AND MALARIAL DISEASES. As a Female Regulator, Blood Purifier, and in treating a Torpid Liver, they have no equal. 50c A BOX. X Your Druggist, Dealer or Keep Them. Write to Us. DR. WM. WOOD & SONS, Cairo, Ill.

**PILES—NO MONEY TILL CURED.** SEND FOR FREE BOOK. TREATED ON BOOKS. DR. THORNTON & MIRROR—1021 OAK ST., KANSAS CITY, MO. (BUREAU OFFICE AT ST. LOUIS)

**STANDARD FOR 40 YEARS Wintersmith's Chill Tonic CURES Chills AND Malaria ON A Positive Guarantee.** IS BETTER THAN QUININE AND PLEASANT TO TAKE. 50c and \$1.00 Per Bottle. Ask Your Druggist for It. If he can not supply you send for Arthur B. Jones & Co., General Agents, LOUISVILLE, KY. It will be sent by express prepaid.

**A CONTENTED MIND** Is best obtained by a free body; a body with no pains; a body that is at ease. As a sure aid to that end be sure that your dealer gives you the Figaro Shoe. Built as nature intended they should be along the natural lines of the foot. They are stylish, fit, too. For Men Retail \$3.50-\$4.00. Give us your dealer's name if he does not carry these shoes and we will see that you are supplied. CARROTHERS-JONES SHOE CO. MEMPHIS, U. S. A.

**EDUCATIONAL THE TULANE UNIVERSITY OF LOUISIANA NEW ORLEANS.**

**EDWIN B. CRAIGHEAD, LL. D., President** The Tulane University of Louisiana, founded in 1846 as the University of Louisiana, is the logical head of the entire system of public educational institutions of the State. Full courses are offered in Languages, Religion, Engineering, Law, Medicine, Scientific departments for women in Business Colleges. Tuition free for the study of Sugar and Industrial Chemistry. Many scholarship and academic department. Expenses low. Board and accommodations in dormitories at low rates. Next session begins October 1st. Send for catalogue. Address: R. K. BRUFF, Secretary.

If afflicted with eye disease, use Thompson's Eye Water. A. N. K.—F (1906—32) 2138.

## WEIGHING THE BABY



Physicians, Pharmacists, and Nurses endorse Cuticura Soap because of its delicate, medicinal, emollient, sanative, and antiseptic properties derived from Cuticura, the great Skin Cure, united with the purest of cleansing ingredients and most refreshing of flower odors. For preserving, purifying, and beautifying the skin, as well as for all the purposes of the toilet and bath, Cuticura Soap is priceless. Absolutely pure and may be used from the hour of birth.

## Are You Just As Well As You Wish to Be?

Every subscriber to Good Health is privileged to submit questions on health topics to the editors. The most interesting of these questions are answered in the Question Box, a monthly department of the magazine. Others are answered by letter without cost.

This is but one of many interesting features of Good Health, the oldest health journal in the world. A big, handsomely illustrated monthly magazine. A quarter and this act with your name in the magazine will bring you this handsome health magazine for the next three months. Sample copy ten cents.

**GOOD HEALTH PUBLISHING CO., BATTLE CREEK, MICH.**

# Plantation Chill Cure is Guaranteed

To Cure, or Money Refunded by Your Merchant. So, Why Not Try IT? Price, 50c, Retail.