

EXPERIENCE OF MOTHERHOOD

Advice to Expectant Mothers

The experience of Motherhood is a trying one to most women and marks distinctly an epoch in their lives. Not one woman in a hundred is prepared or understands how to properly care for herself. Of course nearly every woman nowadays has medical treatment at such times, but many approach the experience with an organism unfitted for the trial of strength, and when it is over her system has received a shock from which it is hard to recover. Following right upon this comes the nervous strain of caring for the child, and a distinct change in the mother results.

There is nothing more charming than a happy and healthy mother of children, and indeed child-birth under the right conditions need be no hazard to health or beauty. The unexplainable thing is that, with all the evidence of shattered nerves and broken health resulting from an unprepared condition, and with ample time in which to prepare, women will persist in going blindly to the trial.

Every woman at this time should rely upon Lydia E. Pinkham's Vegetable Compound, a most valuable tonic and invigorator of the female organism.

In many homes once childless there are now children because of the fact that Lydia E. Pinkham's Vegetable Compound makes women normal, healthy and strong.



If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

RUB-MY-TISM

Will cure your Rheumatism and all kinds of aches and pains—Neuralgia, Cramps, Colic, Sprains, Bruises, Cuts, Old Sores, Burns, etc. Antiseptic Anodyne. Price 25c.—Adv.

How They Measured.
"From the meadow the road began to ascend, and about noon we started to climb Greeley Hill—a thirteen mile road leading to its summit. As the afternoon began to wane, and we had zigzagged our way over what seemed to us thirteen miles of road, we met a resident of the region and ventured to ask him how they measured miles in that country."
"Oh, we just let a greyhound loose, and when he drops dead, that's a mile," was the reply.—Suburban Life Magazine.

Reason Why.
She was a dear, old fashioned, modest, simple maiden lady. So that when she announced the fact that she thought of paying a chiropodist a visit her great friend was duly astonished. "I didn't know you suffered from corns," remarked the latter, when the news was first broken to her.
"I don't," replied the old lady mildly, albeit firmly; "neither am I afflicted with bunions, chilblains, nor any other pains in the feet."
Her friend gazed at her with growing consternation.
"Then, my dear," she remonstrated gently, "what on earth do you want to visit a chiropodist for?"
The little old lady's cheeks blushed a delicate pink as she leaned forward, laid one mitted hand on her interrogator's arm and whispered:
"It's this way, my dear. I do so want to be able to boast that at least once in my life I had a man at my feet!"

In Summer—

When the body needs but little food, that little should be appetizing and nourishing.

Then about the best and most convenient thing one can have handy is a package of

Post Toasties

This food is fully cooked—crisp, delicious and ready to serve direct from the package.

Post Toasties with fresh strawberries and cream are hard to beat.

"The Memory Lingers"

Sold by Grocers.

Postum Cereal Company, Limited, Battle Creek, Mich., U. S. A.

DAINTY DANCE GOWNS

NETS AND LACES NOW USED FOR ENTIRE DRESS.

Only the Simplest Method of Draping Can Be Used in These Delicate Lacy Frocks, and It Looks Best.

Nets and laces, instead of appearing merely as trimming, are now being used for entire dresses or for dress tunics, and, when combined with a pale satin, the effect is charmingly soft and youthful. It will not be possible to use more than the simplest method of draping in these delicate lacy frocks, but after all the simpler draping looks best, and a most effective result.



Lace Tunic Flower Trimmed.

The method is followed in the dress of the sketch.

The foundation dress consists of a skirt of blue crepe meter gathered at the waist and opening down one side with the front edge turned under, draped a little and rounded away just above the instep in front. The under blouse is of white chiffon, cut with a higher neck and long sleeves than the tunic, so as to form soft finishing edges. The blue crepe meter is continued above the belt in a straight line, covering the chiffon under blouse just below the bust.

The tunic is made of Chantilly net, with rows of fine lace insertion running lengthwise for trimming. The blouse part is surplised and draped under the left side of the bust by a line of gathers covered with a row of small pink roses. The sleeves, too, are outlined with roses, and there is a girdele of silver gauze about the waist. The skirt part is gathered slightly at the belt, and extends some ten or twelve inches below the hips. It consists of an under part of white chiffon and the over part of Chantilly. The draping of the Chantilly is so arranged that the left side is considerably shorter than the right, but the space is filled in by the plain chiffon under part, which hangs evenly with the right side. Roses trim the edges. Probably the most natural and effective roses to use for the purpose are

ALL SORTS OF NEW GIRDLES

Becoming Daily of Greater Importance and Every Kind of Material Is Used.

Girdles and sashes are becoming daily of greater importance, and every imaginable kind of material is used. Braid manufacturers, ribbon houses and silk and cotton merchants are bringing out special lines of goods for making girdles.

These girdles are worn both with simple and with elaborate dresses and on the outside of suit jackets and also wraps.

Over Blouses and Shoulder Yokes. An over blouse affords a clever way of introducing the skirt material in the blouse to a coat suit. Often the material is too heavy to be used for the entire waist, but if the over blouse is developed in the cloth the under-waist of sheer chiffon or silk voile gives a dainty and light effect.

Often the underwaist is of sheer batiste or white net, which can be laundered when soiled, and sometimes the over blouse is not attached to the skirt, so that it can be worn on bleak, chilly days, when such an addition is a decided comfort. The little square shoulder yoke often appears in back, as well as in front.

the small silk or muslin ones that come in bunches in the millinery department, and incidentally they are the least expensive.

VANITY BAG AS A GIFT

Most Appropriate Offering for the Young Lady Who Is About to Graduate.

Many of your young friends will graduate this year and you are, no doubt, wondering what to give them. Why not make them each a vanity bag? They are dainty and extremely useful, therefore any girl would be delighted to possess one. It requires twelve inches of four-inch wide ribbon of a plain design. Baste an inch-wide hem at each end and embroider a row of braid-stitching an inch from the edge on all sides of the ribbon. Fold the ends over and neatly whipstitch the sides together.

Thread narrow satin ribbon through the top to form a drawstring, and finish the ends with rosettes of the ribbon. If desired, the center of the tiny vanity bag can be decorated with an embroidered monogram or a wreath of forget-me-nots and foliage embroidered with pale pink, blue or white silk to match the ribbon used. This latter makes an especially dainty decoration, and is easily done, as the flowers are not padded. A wreath formed of miniature rosebuds, daisies or violets would be equally effective. Within the bag place a handkerchief, tiny mirror, powder puff, cake of powder and a piece of pinked flannel containing black and white pins. This little vanity bag can be placed in the pocket of the evening coat or in the muff, and is always ready to aid in lady when the occasion demands.

WALKING SUIT.



A spring walking suit of maroon colored wool with large collar and buttons of tan broadcloth.—By Linker, Paris.

Hats of Hemp Braid.

Hemp promises to be the leader for spring hats, though milan, horsehair and panama will hold their own.

VEIL HAS COME IN AGAIN

Is Found in Happy Combination With the Tailored Hat—Straw Shapes Used.

A new combination of tailored hat and veil has come in with the small hat. Any of the small straw shapes is taken and left untrimmed, unless for a narrow wreath of cherries, berries, silk fruit or flowers placed on the narrow brim and almost covering it. Over it a black Chantilly veil is draped, as if it were placed there carelessly by the wearer, but it is really carefully tucked under the wreath after passing over it. It falls about the face and hair, caught in or not, as the wearer pleases.

On some other small shapes there is absolutely no trimming, but the top of the Chantilly veil is run with a deep hem and a stiffened band run through it covered with ribbon. It ties in a bow at the back when the veil is placed over the face and this band rests on the narrow brim.

Colored Barrettes and Pins. Various styles of rhinestone ornamented barrettes, hair ornaments and bar pins, instead of being in tortoise or amber, are made of light transparent colored composition in tones of blue, amethyst, green, etc. The effect is beautiful.

THOSE RHEUMATIC TWINGES

Much of the rheumatic pain that comes in damp, changing weather is the work of uric acid crystals. Needles couldn't cut, tear or burn away the pain, worse when the affected muscle joint is used. If such attacks are marked with headache, backache, dizziness and disturbances of the urine, it's time to help the weakened kidneys. Doan's Kidney Pills quickly help sick kidneys.

A Michigan Case. Joseph Hoover, 208 S. Catherine St., Bay City, Mich., says: "My back got so bad I couldn't bend over. I often became so dizzy I had to sit down and rest. Doctors had failed to help me, and was growing thin and weak. Doan's Kidney Pills went right to the spot, three boxes cured me completely. I have had no trouble since."

Get Doan's at Any Store, 50c a Box. DOAN'S KIDNEY PILLS. FOSTER-MILBURN CO., BUFFALO, N. Y.

The whole of human virtue may be reduced to speaking the truth always and doing good to others.—Arlan.

Nothing Like It. "Is your doctor an eclectic in his practice?" "No; he's a teetotaler."

To Relieve the Pain of a Burn Instantly and take out all inflammation in one day apply the wonderful old reliable DR. PORTER'S ANTISEPTIC HEALING OIL. Relieves pain and heals at the same time. 25c. 50c. \$1.00.

FUTILE HINT TO THE BORE

Social Caller Could Not Understand Gentle Intimation Conveyed by His Host.

President Wilson, thanks in part to his splendid training at Princeton, but thanks in greater part to his tact, is said to receive and dismiss visitors more adroitly than any former occupant of the White House. Sometimes, however, a stupid visitor turns up, and then President Wilson's tact is unappreciated, and the visitor overstates his time. Apropos of such visitors the president at a luncheon in Washington told a story.

"There was an old fellow," he said, "who was praising the rising young lawyer of his town."
"George, for a busy man," said the old fellow, "is one of the pleasantest chaps I ever met. Why, I dropped in on him for a social call this morning and I hadn't been chattering with him more than fifteen minutes before he'd told me three times to come and see him again."

Juvenile Altruism. Little Paul came in to ask his mother if Alfred and he might each have a cookie. His mother purposely gave him two of different sizes. Interested as to which Paul would give his guest, she stepped to the door just in time to see Paul give the smaller cake to his playmate.
"Why, Paul," she called, "don't you know that you should have kept that one yourself?"
"Yes, I know," was the nonchalant reply. "But, you see, I was afraid that if I gave Alfred the biggest one he might get sick!"

ECZEMA SPREAD OVER BODY

R. F. D. No. 1, Lewisburg, Ky.—"Fifteen years ago I was badly affected with eczema upon my scalp first, then it spread all over my body and continued to grow worse for four years. It began with a dry rash. After forming thick scales or scabs the irritation forced me to scratch the scabs off and the hair would come out with them. Upon my face and body the sores would get inflamed and they disfigured my face. It was worse where my clothes irritated them. The eruption was a yellowish watery kind, sometimes bloody. In warm weather it was so bad I was not able to work on account of the raw irritating sores on my head and body.
"After trying various medicines without relief I tried Cuticura Soap and Ointment. After using four cakes of Cuticura Soap and four boxes of Cuticura Ointment and one bottle of the Resolvent I was entirely sound and well and have been for eleven years." (Signed) W. H. Williams, Mar. 19, 1912.

Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 32-p. Skin Book. Address post-card "Cuticura, Dept. L, Boston." Adv.

Thankful. "I am lucky in being taken ill here in New York, instead of being laid up somewhere else."
"Ah!" said the doctor.
"Yes, for all this money I'll have to pay you I'd have to be ill anywhere else for more than two months."—New York World.

AROUSE THE LIVER AND PURIFIES THE BLOOD. The Old Standard general strengthening tonic, GROVE'S FASTEST-CURING CHILL TONIC, arouses the liver to action, drives malaria out of the blood and builds up the system. A true tonic. For adults and children. 50c.

See Whiz. "Did the play have a happy ending?" "Quite the reverse. The sheriff attached the scenery for debt."

No. SIX-SIXTY-SIX.

This is a prescription prepared especially for Malaria or Chills and Fever. Five or six doses will break any case, and if taken then as a tonic the fever will not return. 25c.—Adv.

Could Have Saved Her. "Why do you hate her so?" "She used to be engaged to my husband."
"And didn't marry him. Oh, I see."

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, etc. a bottle, 10c.

SAW HOPE FOR THE BEAR

London is laughing over a story which has recently come out concerning Lloyd George. It appears that shortly after the death of King Edward an Englishman traveling in Wales got into talk with an elderly Welshman and happened to be the first to tell him of the king's demise. "And who might be king now?" asked the Welshman. "Why, George is king now." "George!" he exclaimed in surprise. "Well, how he has got on, to be sure—and me to remember him as a little lawyer in Criccieth!"

Poison Oak or Ivy Poisoning is quickly relieved by bathing the affected parts in a solution of two teaspoonfuls of Tyree's Antiseptic Powder to a pint of water. 25c. at all druggists or sample sent free by J. S. Tyree, Washington, D. C.—Adv.

Our Relations. "There's a bright side, if we look for it, to every black catastrophe," said Andrew Carnegie, at a reception at his superb Fifth avenue house, with its outlook over Central park. "I know a millionaire who complained of his loneliness. "My wealth," he said, "brings me no happiness, for I have neither kith nor kin."
"To pauperize," said I, "or to crow over?"

GRAY OR FADED HAIR RESTORED TO NATURAL COLOR

Your Druggist Will Return Your Money if Q-Ban Hair Color Restorer Fails.

Q-Ban hair color restorer applied to the hair and scalp stimulates and brings to each gray hair its natural, youthful coloring matter which is always carried in the tiny vessels in the pith of each hair. No matter how gray your hair is this natural coloring matter is always present and the application to the gray hair of Q-Ban hair color restorer brings the natural coloring matter to the surface. If your hair is wispy, streaked with gray, faded, dry or lifeless, then apply Q-Ban hair color restorer. It is a natural coloring matter, not a dye, and the hair will be restored to its original, natural color, making the hair glossy, curly, soft and luxuriant. 50 cents a bottle at drug stores. Use three bottles as directed and if beneficial results are not obtained your \$1.50 will be returned to you, because it belongs to you. If your druggist does not keep Q-Ban send us his name and address on stamps or silver and a bottle will be sent you promptly. Healy-Edis Drug Co., Memphis, Tenn.

She Hadn't Stood. A charming French woman was the guest of a New York family at a popular roof garden. As the orchestra was finishing a number she asked one of the gentlemen in the party who had been one of her most devoted admirers: "What is zat ze musicians are playing?"
"Love Me and the World Is Mine," replied the man.
"Yes, I understand zat is how you feel," said the young woman with a glance of coquetry, "but ze tune zat zey play, M'sieu, vat zees eet, please?"

"Secuded Saint." The Australian government officials are wrestling these days with the millions of cards issued and returned in connection with the 1911 census. One woman wrote that she was "an unclaimed treasure." Another of thirty-seven replied, "Not married; have not given up hope yet." In reply to a query as to religion, a man in prison described himself as a "secluded saint." Another said he was a "blue light"; a third was a "simple lifer." O woman referred to herself as a "Roaming Catholic," and another claimed to belong to the "Shirts of England."

Ad Hominem. Man With the Bulbous Nose—One or two baths a week, I tell you, are about all a busy man has time to take.
Man With the Bulging Brow—How do you know?
Old-Fashioned Birds. "I like to wander in the park."
"The birds do sing sweetly."
"Yes; and they never sing ragtime."

For That Picnic—to ensure complete success take along a case of Coca-Cola. The satisfying beverage—in field or forest; at home or in town. As pure and wholesome as it is temptingly good. Delicious—Refreshing Thirst-Quenching. Demand the Genuine—Relieve Substitutes. At Soda Fountains or Carbonated in bottles. THE COCA-COLA COMPANY, Atlanta, Ga.

Just a Bit Mixed.

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HEADACHE AND BILIOUS ATTACKS Caused by Malaria removed by the use of ELLIOTT'S BARK CURE for such ailments. "Myself and whole household had suffered very much for some time with Malaria Fever. 'Elliott's Bark Cure' has cured us perfectly, so that we enjoy at present the best of health."—Jacob Edlerly, Fairfax Court House, Va. Elliott's Bark 50 cents, all druggists or by Parcel Post prepaid from Kloczewski & Co., Washington, D. C.

Solving a Problem in Arithmetic. Little Marion was busy with her "home work." After a great many perplexed frowns and much nibbling at her pencil she looked up and said: "The only answer that I can get to this example is five and three-fourths horses. Do you 'spose that is right, mamma?"
"Well, I don't know," answered her mother, cautiously. "It sounds rather queer."
A long pause; then the small arithmetician's face lit up with a smile. "Oh, I know," she cried. "I'll reduce the three-fourths horses to colts."

Talking Shop. Enthusiastic interest in one's occupation is always an advantage, but on the other hand, it is not well for a woman in business to talk of her work at all times and places. Naturally, the thing that we do constantly is our most absorbing interest, but we must remember that other people have other things to talk about.

Important to Mothers. Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it Bears the Signature of *Dr. J. C. Fletch* In Use For Over 30 Years. Children Cry for Fletcher's Castoria

Economy. F. Irving Fletcher, the advertising expert, gave at a Woolworth building dinner in New York a good definition of economy. "Economy," Mr. Fletcher said, "is a way of spending money without getting any fun out of it."

RAILROAD SURGEON DISCOVERERS WONDERFUL REMEDY For Man and Beast the Old Reliable Dr. Porter's Antiseptic Healing Oil. Relieves Pain, Stops the Bleeding, and Heals at the same time.

Thousands of Farmers and Stockmen know it already, and a trial will convince you that DR. PORTER'S ANTISEPTIC HEALING OIL is the most wonderful Remedy ever discovered for Wounds, Burns, Old Sores, Carbuncles, Granulated Eyelids, all Skin or Scalp Diseases, and also for Barbed Wire Cuts, Cuts, Sores, Scratches, Shoe Boils, Warts, Mange on Dogs, etc. Continually people are finding new uses for this famous old Remedy. Sold by nearly all Druggists. If your Druggist hasn't it, send us 50c. in stamps for medium size, or \$1.00 for large size, and it will be sent by Parcel Post. Money refunded if not satisfactory. We mean it. Peris Medicine Co. 2622 Pine St., St. Louis, Mo.

Memphis Directory. LAX-ANA, "Hare Call Killer." 50c-1.00, best tonic known for liver and headaches—without alcohol. Dr. Seigler's Hair, Tonic and Stimulant. Sold by all druggists. Tel-Tone Drug Mfg. Co., Memphis, Tenn.

ELECTRIC SUPPLY CO. 112 South 2nd Street, MEMPHIS, TENNESSEE. TELEPHONE AND ELECTRIC LIGHT MATERIAL and supplies. Write for catalogs and prices. W. N. U., MEMPHIS, Mo. 24-1913.

QUININE AND IRON—THE MOST EFFECTUAL GENERAL TONIC. Grove's Tasteless Chill Tonic combines both in tasteless form. The Quinine drives out Malaria and the Iron builds up the System. For Adults and Children. You know what you are taking when you take GROVE'S TASTELESS CHILL TONIC recognized for 30 years as the standard General Strengthening Tonic. It has no equal for Malaria and Fevers, Weakness, general debility and loss of appetite. Removes Biliousness without purging. Relieves nervous depression and low spirits. Invigorating to the pale and sickly. It arouses the liver to action and purifies the blood. A true tonic, and sure appetizer. Guaranteed by your Druggist. We mean it, 50c. There is Only One "BROMO QUININE" That is LAXATIVE BROMO QUININE. Look for signature of E. W. GROVE on every box. Cures a Cold in One Day. 25c.

DAISY FLY KILLER. HAROLD SOMERS, 180 East 42nd St., Brooklyn, N. Y.

THE NEW FRENCH REMEDY, No. 2, N.Y. Used in French Hospitals. Cures Rheumatism, Gout, Gravel, Neuritis, Migraine, Headache, Sciatica, Neuralgia, Rheumatoid Arthritis, etc. Sold by all druggists.

TUTT'S PILLS. To cure constipation the medicine must be more than a purgative; it must contain tonic and cathartic properties.

Why Scratch? "Hunt's Cure" is guaranteed to stop and permanently cure that terrible itching. It is compounded for that purpose and your money will be promptly refunded WITHOUT QUESTION if Hunt's Cure fails to cure itchy, Eczema, Tetter, Ring Worm or any other Skin Disease. 50c at your druggist's, or by mail direct if the name "Hunt's" is on the wrapper. Manufactured only by A. B. RICHARDS MEDICINE CO., Sherman, Texas.

SPECIAL TO WOMEN. Do you realize the fact that thousands of women are now using

Paxtine. A Soluble Antiseptic Powder. As a remedy for mucous membrane affections, such as sore throat, nasal or pelvic catarrh, inflammation or ulceration, caused by female flies? Women who have been cured say "It is worth its weight in gold." Dissolve in water and apply locally. For ten years the Lydia E. Pinkham Medicine Co. has recommended Paxtine in their private correspondence with women.

For all hygienic and toilet uses it has no equal. Only 50c a large box at Druggists or sent postpaid on receipt of \$1.00. THE FAXTON TOILET CO., Boston, Mass.

WE OFFER TO THE SMALL INVESTOR with \$50 to \$100 an opportunity to secure a home from a small investment. Full particulars on request. KELLVIN COMPANY, Republic, Wash.

WANTED AGENTS. To sell Home Remedies, House to Home Work, For particulars write Home Remedy Co., Fredonia, N. Y.

READERS. o. this paper desiring to buy any thing advertised in its columns should insist upon having what they ask for, refusing all substitutes or imitations.

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You Look Prematurely Old. Because of those ugly, grizzly, gray hairs. Use "LA CREOLE" HAIR DRESSING. PRICE, 51.00, Retail.