FROM FORTY-FIVE TO SIXTY

A Word of Help to Women of Middle Age From Mrs. Raney.



pound carried me through the critical period of the Change of Life in safety. I am over 60 and have raised a family of eight children and am in fine health. My daughter and daughters-in-law recommend your Vegetable Com-

pound and I still take it occasionally myself. You are at liberty to use my name if you wish." - Mrs. ALICE RANEY, Morse, Oklahoma.

Change of Life is one of the most critical periods of a woman's existence. This good old-fashioned root and herb remedy may be relied upon to overcome the distressing symptoms which accompany it and women everywhere should remember that there is no other remedy known to exercise the control of the control known to carry women so successfully through this trying period as Lydia E. Pinkham's Vegetable Compound.

If you want special advice write to 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.

Most Are.

"May I ask, madam, what is your husband's income?" "Certainly, sir. It is mostly ontgo."

BOSCHEE'S SYRUP

Allays Irritation, Soothes and Heals Throat and Lung Inflammation.

The constant irritation of a cough keeps the delicate membrane of the throat and lungs in a congested con-Boschee's Syrup has been a favorite household remedy for colds, coughs, bronchitls and especially for lung troubles, in thousands of homes

all over the world, for the last fifty four years, giving the patient a good night's rest, free from coughing, with easy expectoration in the morning. For sale everywhere.—Adv.

Well Fitted.

"That boat is nothing but an old ab." "Isn't it all the better fitted for the wash of the sea?"

Catarrh

Catarrh is a local disease greatly influenced by constitutional conditions.
HALL'S CATARRH MEDICINE is a
Tonic and Blood Furifier. By cleansing
the blood and building up the System,
HALL'S CATARRH MEDICINE restores
normal conditions and allows Nature to
do its work.
All Druggists. Circulars free.
F. J. Cheney & Co., Toledo, Ohio.

This Critical World.

and if a girl has what we, in our ignorance, consider a good figure the neighbor women say she is bunchy,— Ohlo State Journal.

Millions for a New Stomach

aires said to his physiciau, "A million dollars, Doctor, spot cash and no grumbling, for a new stomach," and then the sick man grouned and turned away. All his wealth could not make him happy or contented, for happiness largely depends upon digestion. Without health where does happiness come int After all the stomach plays a great part in everyday life. Without a healthy stomach and good digestion our A is thin watery and heart action is weak, our liver does not do its duty, and man is miserable and unhappy. Prevent disease by putting the house in order and strengthening the system against the germs of disease.

Dr. Pierce, of the Invalids' Hotel and Surgical Institute, at Buffalo, N. Y., years ago understood diseases and their prevention, and he discovered certain roots and herbs which were nature's remedies, and succeeded in putting them up in a form that could be easily procured at the drug store (liquid or tablets). This he called Dr. Pierce's Golden Medical Discovery. This Discovery gives no false stimulation because it contains no alcohol or any narcotic. It helps digestion and the assimilation of such elements in the food se are required for the blood. It gives to the blood the food elements the tissuce require. For over fifty years it has enjoyed the confidence of the American public. Try it now!

IF YOUR KIDNEYS ARE OVER-ACTIVE

children alike—are bothered with over-active kidneys either during the day or at night.

you or your child are among those affected with kidneys acting too freedrug store today and stop this disorder. ruggists carry Liquid Shu Make or bottles, so why not give this medicine relieve that overactive kidney

As dull as the debates of Dutch bur gomasters on cheese parings and candle ends.-Old Saying

One of the duties of today is to



The Progress Woman's Page....

This Department is edited by Julia Bottomley, Associate Editor of the Ladies' Home Journal, and Nellie Maxwell, a National authority on Domestic Economy, for the pleasure of the ladies of Abbeville and vicinity. Mary Graham Bonner, delightful writer of Children's Stories, contributes for the Little Folks. - J. W. O'Bryan, Editor.

The Kitchen Cabinet ~

Barracanananananananananan

And, at a sudden whim, about the land Tossed gold and jewels with a reck-

-Harriet Whitnet Symonds

SANDWICHES.





lar. The ham sandwich of the day b thin and pink as to ham and the bread cut like a wafer and spread with the best of butter.

The open sandwiches, so-called be ause they are but one piece of bread are especially attractive and may be cut in circles, diamonds, crescen placed on top and pretty little designs of olives, nuts and various vegetables and sweets may decorate them.

Nuts make excellent sandwich fill English walnuts or peanuts chopped not too fine and mixed with thick cream well salted are particularly good when made of entire wheat bread. Chopped buts and chopped celery are well liked. Chopped blanched, salted almonds and a little cream to spread or blanched almonds chopped and mixed with cream and maple sugar, grated, makes a good sandwich.

Cold-boiled tongue makes very nice andwich filling. Chop the tongue add a little sweet cream, melted but ter and mustard. Stir until smooth and spread on white buttered bread

For a sustaining sandwich eggs make a good filling. Cook the eggs in the shell until hard, remove the yolks and mash them with creamed butter. or salad dressing. If an open sandwich is made, use the whites finely chopped to garnish by putting a bor der of the chopped whites around the sandwich. For those whose digestion will stand for it, a fried egg sandwich is tasty. Cheese sandwiches are of the sustaining variety. They may be made in a variety of ways and with a variety of cheeses so that each may have his favorite brand.

A thin slice of cheese placed be tween buttered bread is the simplest Grated cheese mixed with cream and different seasonings is a little more dainty. For sweet sandwiches at aft ernoon teas the open sandwich with jelly and nuts makes a good variety.

If you would know the flavor of a pie The juicy smell, the spice, the test, You must be patient till the flery core Then bite a little deeper than the

'If you would know the flavor of a man God's mud-pie made of Eden's dew Be patient till love's fire hath warmed

And look a little deeper than the

SEASONABLE GOOD THINGS.

The following is another new way of serving chicken, which is worth while adding to one's



recipes: Chicken, Missis sippi Style.- Pass through a meat chopper one-quarter of a pound each of veal and fresh pork, two

silces of bacon, a chicken liver, half a green pepper and two branches of parsiey; add a teaspoonful of scraped onion and a tenspoonful of Worcester shire sauce, half a teaspoonful of salt and one-quarter of a teaspoonful of paprika; mix thoroughly and use to uff the chicken. Put to cook in a moderate oven so that the veal and pork will be cooked before the chicken 's browned enough for serving. Baste with hot sait pork fat every ten min-utes and cook nearly two hours. Serve with sweet puntages or rice.

Best Cake.—Best three-quarters of a cupful of butter to a cream; gradually beat in one and one-quarter cupfuls Millions of people—grown folks and of sugar, the beaten yolks of four children alike—are bothered with overand one-half cupfuls of flour, sifted with three teaspoonfuls of baking powder and, lastly, the whites of four ly or too often don't wait until some serious kidney trouble develops but get Pu! the layers together with coffee a bottle of Liquid Shu Make from the filling and cover with maple frosting eggs, beaten dry. Bake in two layers and nut meats.

> Scalloped Chicken and Cornlet .-Use the remnants of chicken from a roast or boiled fowl. Free the meat from the skin and bones. For each cupful of meat take one cupful of fresh corn pulp or of cornlet and one of cream sauce. Mix the chicken with the sauce and a layer of the cornlet. Cover with buttered crumbs and cook ten minutes, or unfil well heated through and the crumbs well browned.

The Three P's.-Take a cupful each peas and peanuts and one-half cupful of finely minced sour pickles. Mix well and serve with a mayonnaise cressing on lettuce. .

Newie Maxwell

Midwinter Presents Its Hats Daddy's



W HILE the last bright days of In- and mink, find themselve, much faconflure ornaments to their stocks, are loops of ribbon edged with fur.
making these contributions to the glory. The hat at the right is made of a

face the storms and snows, there is of feathers over it. The last hat is a bravery of lovely hats that laugh a stately model with velvet crown and at such weather. Many of them satin coronet covered with a design made of furs, moleskin, seal, squirrel in gold braid and heavy silk floss.

dian summer still linger and vored of milliners. A great many make us forget that winter is just have fur brims and crowns of rich mearound the corner, milliners have op- table brocades showing gold or silver portunity to get midwinter hats ready figures on a satin ground. Others for its coming. In November the have fur brims and crowns made of story of the season's styles concludes brilliant feathers, and there are many with a last, brilliant chapter; for noth- with crowns of velvet either plain or ing is too rich or gorgeous to be used embroidered. An unusual hat of mole headgear with which women skin and ribbon at the upper left in face the height of their social gaieties the picture has a crown made of In the depth of winter. Milliners add strips of the fur and of striped ribbon handsome dance caps and glittering woven together. For trimming there

of the holidays. After Christmas it beautiful fabric that looks like the is indeed "the dead of winter" in the skin of a peach and much chenille is millinery shop, with the emphasis on used in its trimming. A great favorunless the pilgrims that are ite in turbans holds the center of the going South buy resert hats in their picture employing velvet in two colors, home towns—and it is the part of wisthe lower left, reveals it in two colors, For those who stay at home and made of velvet and having a plaque

Wraps Inspired by New Pabrics



HE manufacturers of those dura-The manufacturers of those that have been given as many names as there handsomest wraps of the present season. The fabrics vary, but are classed them perfectly—as "woven furs," They they are as beautiful as natural furs. for which reasons designers of wraps have been inspired to show what can be done with them. They revel also in cloths that are similar to duvetyn, as holivia, peachskin and heavy wool velours. Both kinds of fabrics look particularly well with fur triumings both are supple and cozy looking and it is hard to choose between them. Durability is on the side of the woven furs, perhaps, while cloths present a little wider range of color

Without any fear of odious con parisons, two wraps are presented above one of woven fur (at the right) and the other of duvetyn. The first wrap has a long silky nap and is as dark as sealskin. It is a coat having the back cut longer than the front and a wide sash of the fabric. The sash ends support furry balls on a slik cord. For the big collar, deep cuffs and border across the front. Australian pressite does its part toward placing is cost among the aristocrats in

the very general and cleverly de from Paris.

signed wrap at the left is like a full, short mantle banging longer at the front and back than at the sides. are varieties in their weaving, are to hangs in toward the waistline at the be credited with inspiring some of the back, but quite straight at the front. There are no sleeves, merely slits at each side through which the arms are under a descriptive name that As thrust. The very wide border at the bottom of the wrap and the huge colare very warm and easy to sew and lar are made of gray krimmer fur, forming a lovely contrast with the deep, clear blue of the cloth,



Care Would Save Many Health service.

Preference for Black,

de negre and navy also are good, but there is a strong preference for black. Plain Jackets, Checked Skirts,

Thousands of children are killed every year because parents say, "They will have it anyway," and permit the little ones to expose themselves to whooping cough, measles and scarlet fever, says the United States Public

Rust is a color used quite exten-sively in millinery for fall; gray, tete

Skirts of extremely large checks will be worn with plain jackets is the word

Evening Fairy Tale

MRS. EMEU.

"How I've improved things," said

"Might I be so bold as to ask what you have improved?" asked Mr. Emen. "Well, I've seen to it that the Mr. Emeus didn't become spoilt."
"Haven't all the Mrs. Emeus seen

to that?" asked Mr. Emen.

"Ali yes, they have. They have been fine for. It has all been because of the first Mrs. Emen. She was a leader if there ever was one. She told what she had done to the Miss and Mrs. Emers who came after her, and she asked us all to follow her exall helped improve things.

"None of us have ever changed.

"Just think, thousands or hundreds or some such number of Mrs. Emens have followed in the footsteps of the first Mrs. Elment

"Of course they haven't exactly followed in her footsteps. That is, they haven't walked where she has walked,

"They have gone in different yards and walked on different grounds, but their ways have been the same, and so we say they have followed in her foot-

our funny heads often make people laugh. Our necks are covered with collars which look like hay, and our heads are quite amusing. Our beaks are rather pointed and our little eyes out at the world in a funny way.

"We don't look out at the whole world," said Mr. Emeu.

"Well, you know what I mean," said Mrs. Emeu. "From our yard here in



Look After the Eggs

the zoo we gaze upon the people who pass, and people help to make up the world, and so I say we gaze at the world.

"It's far easier than saving each time that we gaze at people and that people help to make up the world, "We come from Australia, you know and they call us birds, I believe. We're

almost as large as the ostrich family, but not quite. I mean that each of us is almost as large as an ostrich, that is what I mean. "Of course, I don't mean the South American ostrich, for we are each

larger than each of them. But I meant that we were almost as large as the African ostrich. "Do you agree, Mr. Emeu?"

"Certainly, certainly," said Mr

"I was speaking," said Mrs. Emeu, "of the fine way we act and of the way the first Mrs. Emeu taught us all "We lay the eggs and then we make

our mates look after the eggs and care for the young. All we do is to lay the eggs. We don't do any of the sitting or watching or waiting or training of the young.
"The first Mrs. Emeus said, young Mrs. Emeus, and young Miss Emeus

who will soon find your mates, do not wear yourselves all out in working. Change the scheme of things and make your mates do the work. You will find that they can do it, too. Mr. and Mrs. Ostrich take turns in sitting on the eggs, but don't even

do as much work as that. Just let Mr. Emeu do everything but the laying of the eggs. "'And you will be interesting and different, and creatures will say, "Gracious, aren't they the bosses

"'So, remember my words, for these are the ways that emens should do.' "And we have remembered. Even here in the zoo where we also lay the eggs, we get our mates to do all the work, and creatures think it is most

Interesting. "Ah, we're queer looking with our great long legs like stilts, and our bodies which look like hay stacks. And we're cross in the spring-we get a sort of cross spring fever. The fever is lacking, but the crossness is present.

"But we're interesting, for we make our mates do practically all the work, heigh ho, and we are the lazy, curious

Edward Was Parked.

Mother was without a maid, so she found it necessary to leave Edward n her mother's care quite often. One day a neighbor of grandmother sked Edward if he was living with

"Oh, no," said the little fellow;
"mather jis; parked me with grandz while the west to a card party."

"NOTHING BETTER

Asheville Lady Finds Black-Draught An Effective Remedy in Her Family for Common Ailments of the Digestive Organs.

Asheville, N. C .- Mrs. A. K. Jarvis, 44 Woodrow Avenue, this city, says:

and there is nothing better.

thousands of family medicine chests, Save 100 to 500 and Make It Yourself. It should be in yours. Its use should help to keep the whole family well. Prompt freatment is often half the Park battle against many ailments.

"Are they fied with pink ribbons?" "And tear stained?" "I sprinkled them myself."

"All right; they'll do."

Important to Mothers Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it

Bears the Cart Hilithirs In Use for Over 30 Years. Children Cry for Fletcher's Castoria

He Might Fill the Bill. I believe, sir?

Employer-Yes; but I tell you at once he must be a boy who never tells a lie, never swears, and never gives a discourteous answer. Boy-I'll send my cousin, sir. He's

deaf and dumb. Do you want to get rid of worms or Tapeworm? Use "Dead Shot"—Dr. Peery's Vermifuge. One dose cleans them out.—Adv.

The particular stretch of road was probably worse than any other in all France, if such a thing were possi ble, and the weary and footsore com-

pany was of one mind concerning It Private Red Long, at one of the in frequent rests, turned disgustedly to his buddy and asked: "Say, Jack what's that roud that's paved with good intentions?

"Road to hell," replied the other. "Well," said Private Long, "all I gotta say is that even that has got this Heked a mile."—The American Legion

Makes Hard Work Harder

A bad back makes a day's work twice as hard. Backache usually comes from weak kidneys, and if headaches, dizziness or urinary disorders are added ness or urmary disorders are added, don't wait—get help before the kidney disease takes a grip—before dropsy, gravel or Bright's disease sets jn. Doan's Kidney Pills have brought new life and new strength to thousand of working men and women. Used and recommended the world over. Ask your neighbor!

A Texas Case



N. H. Mehaffey, retired farmer, W. Main St., Clarksville, Fex., says: "There was a dull, steady ache in the small of my back. The kidney action was too free and often I had to get up at night. I was advised to try Doan's Kidney Pills and purchased a box. It wasn't long before e pains and aches left and the kidny action became normal."

DOAN'S RIDNEY
DOAN'S PILLS POSTER - MILBURN CO., BUFFALO, N. Y.

As One Raised HEMSTITCHING From Dead STOMACH PAINS GONE Eatonio Made Him Well

"After suffering ten long months with stomach pains, I have taken Entonic and am now without any pain whatever. Am as one raised from the dead," writes A. Percifield.

Thousands of stomach sufferers re-port wonderful relief. Their trouble is too much acidity and gas which Eatonic quickly takes up and carries out, restoring the stomach to a healthy, active condition. Always carry a few Eatonics, take one after eat ing, food will digest well-you will feel fine. Big box costs only a trifle

AS A LAXATIVE" HOW DOCTORS TREAT COLDS

First Step in Treatment Is a Brisk Purgative With Calotabs, the Purified and Refined Calomel Tablets that are Nausealess, Safe and Sure.

"I have used and heard of Thedford's that no nedicine for colds and inflated black Draught for years, and I certainly have found it splendld for heads to be depended mon for full effectiveness and the free translet there are the properties of the control of the Doctors have found by experience nche, sour stomach, indigestion and other ills that come from a deranged liver.

"My husband and I been Plant outside the first step in the treatment in the new, names—less colonel tablets called Calotaba, which are free from the scheming and weakening effects of the old stell calo-"My husband and I keep Black, mel. Decreas also past out the fact that an active liver nay go a long way towards preventing influence and les one of the most important factors in enused it in small doses as a laxative, and there is nothing better.

"Black-Draught is a mild liver medicine . . . any child can take it. I have found it splendid with them for colds."

Thedford's Black-Draught has benefited thousands in relieving liver allments. It helps to drive bile poisons and other unhealthful matters out of the system.

Black-Draught is a stand-by in thousands of family medicine chests.

If the water and gas mains underlie the streets of New York city were placed end to end they would

Once in a great while a young man ets busy and does things in spite of

Texas Directory

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if FRENC FACE PACK is used. Recommended by skin specialists and beauty parlors. Mailed \$1.00.



General Tonic. Helps build you up. If Not Sold by Your Druggist, Write ARTHUR PETER & CO., Louisville, Ky.

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Many Miles of Piping.

ly long to reach from the Atlantic to

his Inherited wealth.

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