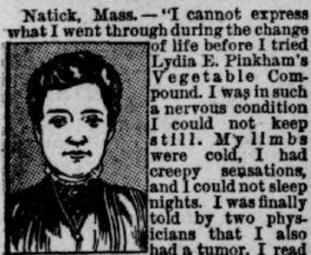


WHAT I WENT THROUGH

Before taking Lydia E. Pinkham's Vegetable Compound.



Natick, Mass.—"I cannot express what I went through during the change of life before I tried Lydia E. Pinkham's Vegetable Compound. I was in such a nervous condition I could not keep still. My limbs were cold, I had creepy sensations, and I could not sleep nights. I was finally told by two physicians that I also had a tumor. I read one day of the wonderful cures made by Lydia E. Pinkham's Vegetable Compound and decided to try it, and it has made me a well woman. My neighbors and friends declare it had worked a miracle for me. Lydia E. Pinkham's Vegetable Compound is worth its weight in gold for women during this period of life. If it will help others you may publish my letter."—Mrs. NATHAN B. GREATON, 51 N. Main Street, Natick, Mass.

The Change of Life is the most critical period of a woman's existence. Women everywhere should remember that there is no other remedy known to medicine that will so successfully carry women through this trying period as Lydia E. Pinkham's Vegetable Compound.

If you would like special advice about your case write a confidential letter to Mrs. Pinkham, at Lynn, Mass. Her advice is free, and always helpful.

A man may avoid family cares by taking care of his family.

Strictly Business.

Mrs. Knicker—Did you hold a short session with your husband?

Mrs. Bocker—Yes, I merely had him pass an appropriation bill.

Very Much Attached.

Swenson—Why do you always hear a ship referred to as "she"?

Benson—I guess it is because she sometimes becomes very much attached to a buoy.

To the Point.

Over in Hoboken in a shop frequented by Germans, hangs a sign framed in mournful black, reading thus:

"We regret to inform our honored customers that our good and generous friend, Mr. Credit, expired today. He was a noble soul, always willing and helpful, but has been failing for some time. May he rest in peace. PAY CASH!"

Difficult to Answer.

Explaining the happenings of the sixth day of the creation, Miss Frances Hartz read to her Sabbath school class: "And the Lord God formed man out of the dust of the ground."

"Well," spoke up one kid, "that's nothin' new. Did he put him in the sun to dry, the way we do our mudpies?"

Miss Hartz discreetly slurred the answer and proceeded with her lesson.—Cleveland Leader.

FEED YOUNG GIRLS

Must Have Right Food While Growing.

Great care should be taken at the critical period when the young girl is just merging into womanhood that the diet shall contain that which is up-building and nothing harmful.

At that age the structure is being formed and if formed of a healthy, sturdy character, health and happiness will follow; on the other hand unhealthy cells may be built in and a sick condition slowly supervene which, if not checked, may ripen into a chronic condition and cause life-long suffering.

A young lady says:

"Coffee began to have such an effect on my stomach a few years ago that I finally quit using it. It brought on headaches, pains in my muscles, and nervousness.

I tried to use tea in its stead, but found its effects even worse than those I suffered from coffee. Then for a long time I drank milk with my meals, but at last it pulled on me. A friend came to the rescue with the suggestion that I try Postum.

I did so, only to find at first, that I didn't fancy it. But I had heard of so many persons who had been benefited by its use that I persevered, and when I had it made right—according to directions on the package—I found it grateful in flavour and soothing and strengthening to my stomach. I can find no words to express my feeling of what I owe to Postum!

"In every respect it has worked a wonderful improvement—the headaches, nervousness, the pains in my side and back, all the distressing symptoms yielded to the magic power of Postum. My brain seems also to share in the betterment of my physical condition; it seems keener, more alert and brighter. I am, in short, in better health now than for a long while before, and I am sure I owe it to the use of your Postum." Name given by Postum Company, Battle Creek, Mich.

"There's a reason."

Ever read the above letter? A reason appears from time to time. There are genuine, true, and full of human interest.

"BAD MAN" OF THE PRESENT

Automobile Joy Rider a Worthy Successor of the Reckless Frontiersman of Other Days.

The most typical "rough house" character of the past has been the cowboy. The most reckless character of the present day is the automobile fiend. The rowdy ruffian of the future will probably ride the aeroplane.

The short story reader, says a Chicago newspaper, is familiar with the "bad man" of the frontier. Remington has made the world familiar with the shooting up of towns. With a volley of yells and a volley of revolver shots, the cowboys go galloping through the town. Galloping, you notice, is the word. If there was ever a case of shooting up a town or other picturesque ruffianry in the cowboy days that did not begin or end with the clatter of hoofs it is yet to be recorded.

In the same way the automobile misdemeanor goes with a rush and a honk. Only a few days ago a party of automobilists shot up a New York cafe. They did it in the good old-fashioned way, only that they used gasoline for a motive power in place of panting horse flesh. The shooting up occurred in the vicinity of Broadway and Thirty-ninth street. The shooters were ejected from the cafe. In revenge they clambered into their machine and going by the inhospitable drink shop filled it full of bullets.

The police records of any western town of twenty years ago were filled with the crimes of dashing horsemen. The daily paper of the present is filled with the misdemeanors of the automobilist. Is it part of the speed mania to make a man contemptuous of law and order? Does the whistle of the wind across his ears fill him with a desire to run down many victims and fill them full of bullet holes?

Whether the indictment of speed is capable of legal proof or not one thing is sure; the automobilist is the legitimate successor of the cowboy and is continuing his work of riding roughshod over law and order. The sight of a reeling cowboy galloping down the street with guns waved on high sent terror to the hearts of women and children and law-abiding citizens in the past. So in the present day the sight of an automobile clipping corners off baby carriages and grocery stores creates a panic. The bad man and gun fighter of the plains has passed away, but he has left a worthy and able successor in the joy rider of the cities.

Mme. Curie's Assistant.

Mme. Curie, the most remarkable woman scientist, is very particular in choosing her laboratory assistants and, although she has many men working under her, there is only one woman. This is a very bright young Norwegian, Miss Gleditsch, who has her B. S. and M. S. from the University of Christiania, of which she was the youngest woman to graduate. She passed her examinations with high honors, and took up the study of radio-activity. She contributed several papers on the subject which awakened such approval that, although much younger than the majority of the students, she was appointed instructor in physics, one of the first women to hold that position in Norway.

Her independent research work was so good, however, that the Norwegian government soon gave her a stipend with which to continue her studies on the continent. As she had specialized in radio-activity, she naturally wrote to Mme. Curie who, after a rigid examination, admitted her to the laboratory, of which she is now practically the first assistant.

For the Growing Child.

The famous French dietitian, Gautier, is on record as saying that after the first three years of a child's life the addition of muscular tissue may and ought to be given to him in a very moderate quantity. Roast mutton or lamb, beef, minced ham, rather than veal, with the addition of eggs in all styles, creams and rice, vermicelli in soup, butter, thoroughly cooked fruits, stewed potatoes, green vegetables and cocoa, all of these are suitable. He states that the exclusive use of milk tends to make fat, lymphatic, puffy children, capable of standing little. This is further accentuated by the abuse of sweetened dishes. It is also necessary at this age to avoid giving foods which are highly seasoned and too much salted. Fat fish (herring and salmon), dry fish, salted or smoked, mushrooms, crustacea or vinegars and spices, raw, dry, unripe or too acid fruits are unsuitable. Fermented cheeses, alcoholic liquors of all descriptions, also coffee and tea should not be allowed.

Something Wrong.

She had just returned from a shopping tour, tired, but radiant.

He had just returned from the office, tired, but—well, tired.

Quivering with delight at the array of samples snipped from rolls of dress goods, she emptied the contents of her purse into her lap. There was a metallic sound. A look of dismay crossed her face.

"There!" she exclaimed. "I just knew there was something I had forgotten to buy."

"What was it, dear?" he asked with an assumption of interest.

"I'm sure I don't know," she replied petulantly, "but I find I have a half dollar left!"

This incident will explain why the big department stores pay such small dividends to the stockholders.

MRS. EVERETT'S TERRIBLE WEAKNESS

A True Picture of the Case of a Pinetown Lady, Who Was Finally Relieved by the Use of Cardui.

Pinetown, N. C.—Mrs. L. V. Everett of this place, writes: "I cannot tell you how I suffered, for I had so many curious feelings.

I was sick all of the time, and I could not do my work.

I was poor, and very weak, and only weighed a hundred pounds.

My back would nearly kill me, and I would often almost die, with my head, and other pains.

I could not bear loud talking.

I could not find relief until my husband got me a bottle of Cardui.

Now I weigh 150 pounds, and am strong and well.

I live on a farm and do all of my work, thanks to Cardui.

Although 52, I am well and hearty, and help work in the garden and do the housework for a family of six.

I owe it all to Cardui.

Cardui, the woman's tonic medicine, obtains its results by the power of its unique, specific curative, strengthening ingredients, especially adapted for use in cases of womanly weakness.

Please try it.

N. B.—Write to Ladies' Advisory Dept., Chattanooga Medicine Co., Chattanooga, Tenn., for Special Instructions, and 64 page book, "Home Treatment for Women," sent in plain wrapper, on request.

Had His Troubles.

"Michael Dolan, an' is it yourself?"

"Yes; sure it is."

"Well, ye know that bletherin' spalpeen, Widdy Castigan's second husband?"

"That I do."

"He bet me a bob to a pint of whiskey I couldn't swally an egg without breakin' the shell uv it."

"An' ye did it?"

"I did."

"Then phawts allin' ye?"

"It's doon there," laying his hand on the lower part of his waist-coat.

"If I jump about I'll break it, an' if I kape quiet it'll hatch and I'll have a Shanghai rooster scratchin' me inside."

"Kicking the Bucket."

When we speak facetiously of some one of whom we have no reverence as having "kicked the bucket" we employ a phrase that would seem to be a piece of latter-day slang, but as a matter of fact, it dates back to old England, when, about the year 1725, one Bolsover hung himself to a beam while standing on the bottom of a bucket and then kicked the bucket away. Although at first used only in cases of suicide, it has been applied in the course of years to any death without distinction.

The expectation of being pleased which prevails so much in young persons is one great source of their enjoyments.—Bowdler.

An artist is one who can create that which has the power to haunt the mind.

It's easy to see the blessings of poverty through the eyes of a millionaire.

When a married woman prays for a hat, the Lord may answer her prayer, but it's her husband who pays for it.

Eminence is not to be obtained without time and energy.—McCormac.

SETTING A HIGH STANDARD

Child's Idea of Goodness Set Forth in Perfect Faith, Without Irreverence.

All things are relative, and to the child, gazing at life and its wonders with eyes as yet undimmed by sophistication or sorrow, nothing is impossible, nothing unspeakable, nothing too sacred to be discussed or too difficult to be attempted. Not irreverence, nor impertinence, but innocence prompts such speeches as that recorded of the child of a popular journalist by his devoted paternal grandmother.

"Grandma," said the little boy delightfully addressing her, "do you know what's going to happen? Papa says that if we're real, real good, he'll take us to the circus!"

"That's nice," smiled the young hearted adult between whom and the eager youngling no hint of age separation mars perfect comradeship.

"How good do we have to be?"

The embryo man, after a moment of silent consideration: "Oh, as good as God, I guess!"

IN THE GOOD OLD SUMMER TIME.

Many a time this summer you're going to be just about done out by the heat—hot, and so thirsty it just seems nothing could quench it. When such moments arrive or when you just want a delicious, palate tickling drink step into the first place you can find where they sell COCA-COLA. It's delicious, refreshing and completely thirst-quenching. At soda-fountains or carbonated in bottles—5c everywhere. Send to the COCA-COLA CO., Atlanta, Ga., for their free booklet "The Truth About COCA-COLA." Tells what COCA-COLA is and why it is so delicious, cooling and wholesome.

Socially Launched.

In his native town Jimmy had always been most popular with young and old, but when he was sent away to boarding school, he was for a time too homesick to make friends. His first letter was little more than a wall.

"I'm way behind the other boys in everything," he wrote, dolefully.

"Tian't only studies, but it's gymnastics and banjos and everything. I don't believe they'll ever have much use for me."

But the second letter, written after a week in the new school, was quite different in tone.

"I'm all right," he wrote to his mother. "The boys say they'll teach me all they know, for they're proud to have me here. I can stretch my mouth half an inch wider than any other boy in school, and my feet are the longest by a full inch. So you needn't worry about me any more."—Youth's Companion.

Some Antique Mugs.

The college collector of antiques stopped off at Bacon Ridge.

"Good day, sir," he said, addressing the postmaster. "I am collecting old-fashioned articles and would like to know if I could find anything like that in this hamlet. Say antique mugs, for instance."

Uncle Jason stroked his chin whiskers.

"Antique mugs! By hek, I know the very place where thar be two of them now."

"You do? Here's a good cigar. Now where can I find these antique mugs?"

"Why, down on Main street, in Hiram Spruceby's shop. Grandad Wheatley and Pap Simmons are in there getting shaved, and by hek, when it comes to antique mugs, I reckon thars' be the oldest in the country, stranger."

Some parents are a long while in finding out that money in a boy's pocket will do him little good, unless he also has brains in his head.

Even a wise man can't tell when a woman's hat is on straight.

Laughter will keep the doctor off your doorstep.—Witchell.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 5c a bottle.

Many a man who swears at a big monopoly is nourishing a little one.

YELLOW CLOTHES ARE UNSIGHTLY. Keep them white with Red Cross Ball Blue. All grocers sell large 2 oz. package, 5 cents.

When a girl yawns it's up to the young man to get in the home stretch.

LADIES CAN WEAR SHOES one size smaller after using Allen's Foot-Ease, the antiseptic powder to be shaken into the shoes. It makes tight or new shoes feel easy. Refuse substitutes. For free trial package, address Allen S. Olmsted, Le Roy, N. Y.

Quite Often.

Figg—Two negatives make an affirmative, you know.

Fogg—With a woman it takes only one.

If You Have Money.

That fellow Gotrox is a multimillionaire. He has more money than brains."

"Well, what does he want with brains?"

Ambiguous.

Obliging Shopman (to lady who has purchased a pound of butter)—Shall I send it for you, madam?

Lady—No, thank you. It won't be too heavy for me.

Obliging Shopman—Oh, no, madam. I'll make it as light as I possibly can.—Punch.

Do You Feel This Way?

Do you feel all tired out? Do you sometimes think you just can't work away at your profession or trade any longer? Do you have a poor appetite, and lay awake at nights unable to sleep? Are your nerves all gone, and your stomach too? Has ambition to forge ahead in the world left you? If so, you might as well put a stop to your misery. You can do it if you will. Dr. Pierce's Golden Medical Discovery will make you a different individual. It will set your lazy liver to work. It will set things right in your stomach, and your appetite will come back. It will purify your blood. If there is any tendency in your family toward consumption, it will keep that dread destroyer away. Even after consumption has almost gained a foothold in the form of a lingering cough, bronchitis, or bleeding at the lungs, it will bring about a cure in 96 per cent. of all cases. It is a remedy prepared by Dr. R. V. Pierce, of Buffalo, N. Y., whose advice is given free to all who wish to write him. His great success has come from his wide experience and varied practice.

Don't be woebeed by a penny-grabbing dealer into taking inferior substitutes for Dr. Pierce's medicines, recommended to be "just as good." Dr. Pierce's medicines are of known composition. Their every ingredient printed on their wrappers. Made from roots without alcohol. Contains no habit-forming drugs. World's Dispensary Medical Association, Buffalo, N. Y.

A Strange Situation.

"Humor is a funny thing," said Binks.

"It ought to be," said the Philosopher.

"Oh, I don't mean that way," said Binks. "I mean that it is a strange thing. Now, I can't speak French, but I can always understand a French joke, and I can speak English, but I'm blest if I can see an English joke."

"Most people are," said the Philosopher.

"Are what?" said Binks.

"Blest if they can see an English joke," said the Philosopher. "It is a sign of an unusually keen vision."—Harper's Weekly.

Well Mated.

Thus the inquisitive boarder:

"What has become of the old-fashioned woman who used to call a wedding reception an infare?"

Response by the white-haired boarder:

"I think she married the old-fashioned man who used to crack his knuckles regularly twice a day."

Foolish.

"I am going to ask your father tonight for your hand in marriage."

"How dreadfully old fashioned you are."

"In what way?"

"Don't ask him; tell him."

A woman's idea of a brave man is one who isn't afraid to go into a dark closet in which there may be a mouse.

"All Run Down"

Describes the condition of thousands of men and women who need only to purify and enrich their blood. They feel tired all the time. Every task, every responsibility, has become hard to them, because they have not strength to do nor power to endure.

If you are one of these all-run-down people or are at all debilitated take

Hood's Sarsaparilla

It purifies and enriches the blood, and builds up the whole system.

Get it today in usual liquid form or chocolate tablets called **Saratabs**.

JUST ONE Bond's Liver Pill

at bed time CURES Headache, Constipation, Biliousness, Colds, Malaria, etc. They are mild, safe and effective. One is a dose.

TRY ONE TONIGHT.

Your druggist can supply you, or send 25c to

Bond's Pharmacy Co.
LITTLE ROCK, ARK.

25 cents, or 5 for \$1.00, by mail. A free sample on request.

A COUNTRY SCHOOL FOR GIRLS in New York City. Best features of country and city life. Out-of-door sports on school park of 35 acres near the Hudson River. Academic Course Primary Class to Graduation. Upper class for Advanced Special Students. Music and Art. Write for catalogue and terms.

The Kings and Queens School, 251st St., East A. S.

Can't Get Away From It

Is it possible to nourish, strengthen and Rebuild the Brain by Food?

Every man who thinks uses up part of the brain each day. Why don't it all disappear and leave an empty skull in say a month of brain work? Because the man rebuilds each day.

If he builds a little less than he destroys, brain fog and nervous prostration result sure. If he builds back a little more each day, the brain grows stronger and more capable. That also is sure. Where does man get the material to rebuild his brain? Is it from air, sky or the ice of the Arctic sea? When you come to think about it, the rebuilding material must be in the food and drink.

That also is sure.

Are the brain rebuilding materials found in all food? In a good variety but not in suitable proportion in all.

To illustrate: we know bones are made largely of lime and magnesia taken from food; therefore to make healthy bone structure we must have food containing these things. We would hardly feed only sugar and fat to make healthy bone structure in a growing child.

Likewise if we would feed in a skillful manner to insure getting what the brain requires for strength and rebuilding, we must first know what the brain is composed of and then select some article or articles (there are more than one) that contain these elements.

Analysis of brain by an unquestionable authority, Geoghegan, shows of Mineral Salts, Phosphoric Acid and Potash combined (Phosphate of Potash) 2.91 per cent of the total, 5.33 of all mineral Salts.

This is over one-half.

Beaunis, another authority, shows "Phosphoric Acid combined" and Potash 73.44 per cent from a total of 101.07.

Considerable more than one-half of Phosphate of Potash.

Analysis of Grape-Nuts shows: Potassium and Phosphorus (which join and make Phosphate of Potash) is considerable more than one-half of all the mineral salts in the food.

Dr. Geo. W. Carey, an authority on the constituent elements of the body, says: "The gray matter of the brain is controlled entirely by the inorganic cell-salt, Potassium Phosphate (Phosphate of Potash). This salt unites with albumen and by the addition of oxygen creates nerve fluid or the gray matter of the brain. Of course, there is a trace of other salts and other organic matter in nerve fluid, but Potassium Phosphate is the chief factor and has the power within itself to attract, by its own law of affinity, all things needed to manufacture the elixir of life."

Further on he says: "The beginning and end of the matter is to supply the lacking principle, and in molecular form, exactly as nature furnishes it in vegetables, fruits and grains. To supply deficiencies—this is the only law of cure."

Therefore, the mental state of the individual has much to do (more than suspected) with digestion.

Brain is made of Phosphate of Potash as the principal Mineral Salt, added to albumen and water.

Grape-Nuts contain that element as more than one-half of all its mineral salts.

A healthy brain is important, if one would "do things" in this world.

A man who sneers at "Mind" sneers at the best and least understood part of himself. That part which some folks believe links us to the Infinite.

Mind asks for a healthy brain upon which to act, and Nature has defined a way to make a healthy brain and renew it day by day as it is used up from work of the previous day.

Nature's way to rebuild is by the use of food which supplies the things required. Brain rebuilding material is certainly found in

Grape-Nuts

"There's a Reason"

Postum Cereal Company, Ltd.,
Battle Creek, Mich.