

# WOMAN COULD HARDLY STAND

### Because of Terrible Backache. Relieved by Lydia E. Pinkham's Vegetable Compound.

Philadelphia, Pa.—"I suffered from displacement and inflammation, and such pains in my sides, and terrible backache so that I could hardly stand. I took six bottles of Lydia E. Pinkham's Vegetable Compound, and now I can do any amount of work, sleep good, eat good, and don't have a bit of trouble. I recommend Lydia E. Pinkham's Vegetable Compound to every suffering woman."—Mrs. HARRY FISHER, 1642 Juniata Street, Philadelphia, Pa.

### Another Woman's Case.

Providence, R. I.—"I cannot speak too highly of your Vegetable Compound as it has done wonders for me and I would not be without it. I had a displacement, bearing down, and backache, until I could hardly stand and was thoroughly run down when I took Lydia E. Pinkham's Vegetable Compound. It helped me and I am in the best of health at present. I work in a factory all day long besides doing my housework so you can see what it has done for me. I give you permission to publish my name and I speak of your Vegetable Compound to many of my friends."—Mrs. ABIL LAWSON, 126 Lippitt St., Providence, R. I.

### Danger Signals to Women

are what one physician called backache, headache, nervousness, and the blues. In many cases they are symptoms of some female derangement or an inflammatory, ulcerative condition, which may be overcome by taking Lydia E. Pinkham's Vegetable Compound. Thousands of American women willingly testify to its virtue.

### 100,000 Babies Examined.

In the March Woman's Home Companion, Anna Steese Richardson, director of the better babies bureau of the Woman's Home Companion, gives a graphic account of 12 months' work and fun in carrying on the campaign for better babies—a movement which, during the coming year, is expected to develop enormously. Just a year ago the Companion took up the cause of better babies and put it on a sound educational basis: first, by giving it world-wide publicity; second, by encouraging and assisting the various organizations wishing to conduct contests, by providing standard literature and awarding prizes; and third, by sending an immense amount of concrete information to individual mothers who want their babies to be better babies. The better babies movement has been standardized by means of providing, free of charge, the most thoroughly scientific score-cards, wall charts, books of detailed instructions, and all other needful literature, that could be devised by experts, and insisting that these be used in all contests where the Woman's Home Companion awards were given. In other words, the better babies bureau, by honest, sincere, and unbelievably hard work, has accomplished in one year what a generation of scattered endeavor could not have brought about. The following extracts from Mrs. Richardson's article gives a brief resume of what has been done:

"Better babies contests have been held in every state of the Union, except West Virginia, New Hampshire, and Utah, and in several Canadian provinces. More than 100,000 babies have been examined according to the better babies standard score-card. Hundreds of thousands of mothers attending contests, whether they entered babies or not, have received and been helped by 'Hints to Mothers,' issued by the better babies bureau and distributed freely by contest managers.

Equal Suffrage Polling Places.

The inevitable first result of equal suffrage is the removal of all polling places from the neighborhood of saloons. What was good enough for men is not good enough for their women folk. For the most part, voting booths are in churches, parlors, corner groceries, or schools. Illinois had many of its polling places decorated with potted plants, many Kansas towns introduced no smoking regulations, and in all of the older equal suffrage states there is yet to be recorded an instance of insult to women in connection with the franchise.—By George Creel in March Century.

### An Ideal Combination.

The immediate payment of a lump sum for payment of debts, doctor's bills, etc., with an income during lifetime of the beneficiary plus an interest allowance, is our monthly income policy in a nutshell. Send for specific information. National Life Ins. Co. of Vt. (Mutual), S. S. Ballard, general agent, Lawrence Building, Montpelier, Vt.

### How to Make the Best Cough Remedy at Home

A Family Supply at Small Cost, and Fully Guaranteed.

Make a plain syrup by mixing one pint of granulated sugar and 1/2 pint of warm water and stir for 2 minutes. Put 2 1/2 ounces of pure Pinex (fifty cents' worth) in a pint bottle, and fill it up with the Sugar Syrup. This gives you a family supply of the best cough syrup at a small cost. It never spoils. Take a teaspoonful every one, two or three hours.

The effectiveness of this simple remedy is surprising. It seems to take hold almost instantly, and will usually conquer an ordinary cough in 24 hours. It tones up the jaded appetite and is just laxative enough to be helpful in a cough, and has a pleasing taste. Also excellent for bronchial trouble, bronchial asthma, whooping cough and spasmodic croup.

This method of making cough remedy with Pinex and Sugar Syrup (or strained honey) is now used in more homes than any other cough syrup. This explains why it is often imitated, though never successfully. If you try it, use only genuine Pinex, which is a most valuable concentrated compound of Norway white pine extract, and is rich in gualic acid and other natural healing pine elements. Other preparations will not work in this combination.

A guaranty of absolute satisfaction, or money promptly refunded, goes with this preparation. Your druggist has Pinex, or will get it for you. If not, send to The Pinex Co., Ft. Wayne, Ind.

# CHAMPION SUFFRAGE

Senators Thompson, Owen, Chamberlain and Sherman Speak

IN THE SENATE YESTERDAY

Strong in Their Support of the Proposed Constitutional Amendment

Washington, March 5.—The cause of woman suffrage was championed in the Senate yesterday by Senators Thompson, Owen, Chamberlain and Sherman, who spoke in support of the proposed constitutional amendment.

### AMUSEMENT NOTES.

"A Butterfly on the Wheel" at the Barre Opera House Tuesday, March 10.

The probate divorce and admiralty division of the high court of justice will hold court on the stage of the Barre opera house next Tuesday, March 10, when it will be heard in the divorce trial of "Admaston vs. Admaston," the two chief characters in "A Butterfly on the Wheel."

The events leading up to the suit are said to be most damaging for the wife. Believing that her husband was neglecting her for his official duties she found much pleasure in the company of Roderrick Collingwood. Collingwood, it ap-



A Scene From "A Butterfly on the Wheel," Tuesday, March 10, at Opera House.

pears, was a suitor for the hand of Mrs. Admaston before her marriage and he has never given up hopes of winning her. A trip to the mountains was planned and Collingwood managed to get Peggy separated from the others and as they were alone in Paris there was nothing left to do but spend the evening in a hotel. Having planned this in advance, Collingwood incautiously told someone of the arrangement. By means of an anonymous letter Mr. Admaston became acquainted of Collingwood's design. Consequently late in the evening he called up the Paris hotel, asked for his wife and was surprised to find Collingwood on the other end of the wire. When he arrived next morning he found his wife in the presence of Collingwood and two members of the party who had turned up over night. The quartette were devising excuses, none of which appeased the irate husband, who immediately threw over his wife, telling her to go to Collingwood. The trial here will be devoted to the examination of the wife, who has put in a general denial.—Adv.

### Says Revaluation of Women Is Going On.

In the March American Magazine Ray Stannard Baker writes another letter from the field in his new series entitled "Seeing America." This time he reports among other things the progress of the progressive movement and its ideas in the West. He describes a visit to the Chicago Progressive club, where he says the Progressives are doing as the Socialists do—running their campaign right through the year whether there is anybody to elect or not. Following is an extract:

"I think I was most interested in the women leaders. It seemed new and strange to have women in a political club—and yet in a club of this character perfectly natural and appropriate. For what were they discussing? Why, child labor, housing, eugenics, sanitation—and upon all these subjects women are as much interested as men. The sanest talk I heard upon some of the social planks of the Progressive platform was in discussions by women who, through work in settlements or in other public ways, have arrived at sound knowledge and wise opinions. I began to think the question of the future for the political party is not how it will get along with the women, but how it will get along without them.

"The fact is, here in Chicago as well as elsewhere in the country, a process of revaluation of women is going forward. That is what is meant by the feminist movement. Women are revaluing themselves, finding within themselves new and hitherto unused sources of power; and they are now being rapidly revalued by society. In two political parties, the Socialist and Progressive, they are already accepted upon an equal basis with men. In Chicago nearly all of the ablest and most active women, led by Jane Addams, have affiliated themselves with the Progressives."

### Siamese Twins Are Separated.

Paris, March 5.—Madeline and Suzanne, the French Siamese twins, were separated yesterday by a surgical operation. The operation was performed with specially constructed instruments. The babies cried but little.



"Perfect Satisfaction"

# American Flag Blanket, 8x12 in.

With a 10c Oval Foil Package of 20 MECCA Cigarettes

Absolutely the largest, handsomest, most attractive novelty of its kind ever given with a single package of cigarettes! A foot long—design on both sides—the American Flag in full colors! Every patriotic American will want one!

# MECCA CIGARETTES

Turkish Blend

"The Envy of All Cigarette Manufacturers"

This remarkable offer is made to get more smokers acquainted with a remarkable innovation in cigarettes—the new Oval Foil Package of 20 MECCA Turkish Blend Cigarettes for 10 cents. All over the nation smokers are praising this new

MECCA Foil Package of 20, for its convenience, compactness and the foil-wrapped freshness of its double quantity of MECCA Cigarettes. Millions find "Perfect Satisfaction" in MECCA Quality.

# FREE

Take advantage of this free offer today and avoid disappointment, as dealers have only a limited supply of American Flag Blankets and cannot obtain more. Get a 10c foil package of 20 MECCA Cigarettes and ask for a big American Flag Blanket Free.

Look for free offer sign on a dealer's window

THE AMERICAN TOBACCO COMPANY

# Special Notice to Dealers:

We want every dealer in Barre to be supplied with these American Flag Blankets. All dealers who have not yet secured a supply of these American Flag Blankets can do so by applying at MECCA Headquarters, E. H. WARCH, Buzzell Hotel, phone 8483-1, 6 to 8 p.m.

# Topics of the Home and Household.

### Chocolate at Very Low Cost.

A degree of uncertainty exists in some quarters as to the origin of chocolate and cocoa; that is, whether they are members of the same family, or if not, wherein lies their difference.

Chocolate and cocoa are both commercially prepared from the seeds of the cocoa tree, but owing to different methods of preparation their final compositions differ. In making chocolate after the thin outer husks are removed, the broken, roasted beans are ground between hot rollers to a great degree of fineness. The presence of 50 per cent of fat in these beans causes the mass to form a paste. With or without the addition of sugar this is molded and cooled and sold as sweetened or unsweetened chocolate, as the case may be.

In order to make a good beverage with chocolate, milk should be used; but owing to the high proportion of fat in the chocolate it is unnecessary to use the whole or unskimmed milk which has its fat in the form of cream to be found at the top of the jar. From the economic standpoint, says the Philadelphia

### In making griddle cakes of any kind, do not add the baking powder till just as you cook them. The cakes will be much lighter if this plan is followed.

### When making apple tart, grate the apples instead of cutting them into slices; this makes them much nicer, as apples are not good cookers, and do not cook evenly.

### The yolk of an egg, if placed in a cup and covered with a little cold water, will keep for a couple of days. The water can easily be poured off when the yolk is used.

### Often corsets, otherwise in good condition, will break at the hips. To make them as good as new, cut strips of featherbone about four inches long, finishing the ends the same as for collars, and stitch these over the broken steels.

### To make wire-stitched magazines more easy to handle, with a short, stiff awl or a pair of old scissors raise the ends of the wire, then turning the magazine over, insert the tool under the loop and loosen it until, with a pair of flat pliers, it can be grasped and pulled out. After enlarging the holes with the awl pass a needle threaded with stout carpet thread, double, down and back through them, tying it together firmly, but leaving the loop long enough to allow the leaves to easily open out flat. The book can then be managed with one hand, or laid open on the lap. The advertising pages may be removed if desired, greatly reducing the weight—a great advantage to an invalid. This can be done without remov-

ing the cover or otherwise disfiguring the magazine.

### A Skin of Beauty is a Joy Forever.

DR. T. Felix Gouraud's Oriental Cream or Magical Beautifier.

Removes Tan, Pimples, Freckles, Moth Pimples, Rash, and Skin Diseases. Gives the skin a soft, clear, and healthy appearance. It is a perfect skin preservative and is used by the most beautiful women in the world.

Apply to the face and neck twice a day, morning and evening. It is a perfect skin preservative and is used by the most beautiful women in the world.

Apply to the face and neck twice a day, morning and evening. It is a perfect skin preservative and is used by the most beautiful women in the world.



ledger, the cream is of far more value for the cereal at breakfast and the remaining fat-free skimmed milk is more suitable for chocolate.

Try then this recipe, which will provide eight breakfast cups of plain chocolate at a cost approximating nine cents: One quart of separated or "skimmed" milk, two ounces or six level tablespoons of unsweetened chocolate, measured after grating or scraping; two tablespoons of hot water, two pinches of salt, one-fourth standard measuring cup of sugar, or four level tablespoons. To combine, heat the milk over hot water—a double boiler being preferable—but never over the direct heat of the range or gas. While this is being done, put the grated or scraped chocolate into a small saucepan; add the hot water and sugar, and place the saucepan over hot water. Stir the mixture constantly till it is smooth and glossy. When the milk is hot add a cupful slowly to the chocolate, still stirring steadily.

Then add the contents of this saucepan to the remaining hot milk in the double boiler, and with a Dover eggbeater or a strong wire eggwhip beat the mixture vigorously until a thick froth forms on top.

The beating makes the mixture smooth and light, while the air enclosed in the froth prevents the rather unpleasant-looking skin which forms on top of the chocolate if it is obliged to stand for a time before serving, as is the case when a large amount is prepared in advance and kept hot for gradual serving during meals or any social function.

In such cases the beater should be kept near by and the chocolate given a brisk whip in its large container before pouring into the fancy pots or cups. Note that this formula is called "plain chocolate," but it is quite rich enough for daily consumption. If a more decided chocolate flavor is desired, add one-half to one ounce more chocolate, or, vice versa, reduce the proportion for the original quart of milk if one desires a weaker beverage.

The following recipe makes 10 choco-

late cups and is suitable for an afternoon function. To the original amount of milk, one quart, allow four ounces or 12 level tablespoons of grated chocolate.

Follow exactly the given directions for combining with the addition of one teaspoonful of the best obtainable extract of vanilla added just before the beating. Arrange in advance to have some extra grade cream whipped and chilled in the refrigerator. When ready to serve put a tablespoonful of this cream in the bottom of the cup and pour the steaming hot chocolate upon it. It makes a better blending than is effected when one holds a cup in one hand and tries to stir under the isolated little island of cream with a tiny spoon while dodging the general crush of a social gathering. The difference in the composition and methods of making cocoa are quite another subject for consideration.

Dorothy Dexter.

### Motorists and the Roads.

There is a great variety of ways in which the individual automobilist may

aid the cause of good roads. Primarily, he may assist in the election of competent local road officials. He can explain, if he will, the financial gain to a community which will accrue from intelligent road improvements, and demonstrate the absolute necessity of electing highway officials who will improve the roads with the money at hand instead of wasting it by unintelligent expenditures.

The automobilist, organized or unorganized, can aid the cause of good roads materially by carrying in his pockets postal cards, and whenever a halting spot is encountered in the road, notifying the proper official. This takes but a moment, costs but a cent, and in thousands of instances it has proved exceedingly effective. Most local highway officials are anxious to repair bad places in the roads if their attention is called to them early enough so that the cost is within what they consider their authority, or within the limit of the means at hand.—Suburban Life—The Country Life Magazine for March.

# SOAP ON HAIR CAUSES DANDRUFF, SCALP GETS DRY, HAIR FALLS OUT.

Girls! Boys! Get a 25-Cent Bottle and Try a "Danderine Hair Cleanse" —Save Your Hair!

After washing your hair with soap always apply a little Danderine to the scalp to invigorate the hair and prevent dryness. Better still, use soap as sparingly as possible, and instead have a "Danderine hair cleanse." Just moisten a cloth with Danderine and draw it carefully through your hair, taking one strand at a time. This will remove dust, dirt and excessive oil. In a few moments you will be amazed; your hair will not only be clean, but it will be

wavy, fluffy and abundant, and possess an incomparable softness and luster. Besides cleaning and beautifying the hair, one application of Danderine dissolves every particle of dandruff; stimulates the scalp, stopping itching and falling hair. Danderine is to the hair what fresh showers of rain and sunshine are to vegetation. It goes right to the roots, invigorates and strengthens them. Its exhilarating and life-producing properties cause the hair to grow long, strong and beautiful.

Men! Ladies! You can surely have lots of charming hair. Get a 25-cent bottle of Knowlton's Danderine from any drug store or toilet counter and try it—Adv.