

OPERATION AVOIDED

EXPERIENCE OF MISS MERKLEY

She Was Told That an Operation Was Inevitable. How She Escaped It.

When a physician tells a woman suffering with serious feminine troubles that an operation is necessary, the very thought of the knife and the operating table settles terror to her heart, and our hospitals are full of women coming for just such operations.



Miss Margaret Merkley

There are cases where an operation is the only resource, but when one considers the great number of cases of menacing female troubles cured by Lydia E. Pinkham's Vegetable Compound after physicians have advised operations, no woman should submit to one without first trying the Vegetable Compound and writing Mrs. Pinkham, Lynn, Mass., for advice, which is free.

Miss Margaret Merkley, of 275 Third Street, Milwaukee, Wis., writes:

Dear Mrs. Pinkham: Loss of strength, extreme nervousness, shooting pains through the pelvic organs, bearing down pains and cramps compelled me to seek medical advice. The doctor, after making an examination, said I had a female trouble and ulceration and advised an operation. To this I strongly objected and decided to try Lydia E. Pinkham's Vegetable Compound. The ulceration quickly healed, all the bad symptoms disappeared and I am once more strong, vigorous and well.

Female troubles are steadily on the increase among women. If the monthly periods are very painful, or too frequent and excessive—if you have pain or swelling low down in the left side, bearing-down pains, don't neglect yourself; try Lydia E. Pinkham's Vegetable Compound.



PURELY FEMININE

How to Secure a Beautiful Neck.

Lemon a Good Whitener—Massage Will Reduce Double Chin and Superfluous Flesh.

The skin of the throat and the general condition of the neck registers accurately just how much or how little care a woman is giving herself.



A FIRM, WHITE NECK.

It also points the first finger to the flight of time. Even a small double chin gives the impression of maturity to a young face, while a very thin neck with prominent cords makes an otherwise healthy person look delicate and haggard.

Our throats are much abused. Probably for this reason so few pretty ones are seen at the opera or at the theater, where the English fashion of wearing slightly décolleté gowns is steadily gaining in favor.

Not only are the throats of nine out of ten women not well proportioned and anything but "Columnar" as the artist describes a beautiful neck. But most of them are not even white. The skin has fairly been tanned by high collars which keep in the perspiration and often the dyed material of the dress collar leaves an almost eradicable stain. Dyed furs are another cause of unsightly throats. These furs unless very carefully prepared now and then cause a slight skin eruption, particularly if they are allowed too near the skin, and this is not properly cared for afterward. In this case the pores of the neck become coarse, the skin looks red and pimples appear. Peroxide of hydrogen applied on a piece of absorbent cotton will serve both as an antiseptic and a bleach and help to bring the skin back to its former whiteness. For every-day purposes lemon juice will do. Rub a piece of lemon over the skin, wipe off with a bit of lemon and repeat until the cloth is no longer discolored. Pure alcohol can be used to good advantage daily as a cleanser for the neck, but it has not the bleaching qualities of the lemon. Before using any one of these three methods, however, plain hot water and soap must not be forgotten.

So much for the skin; now for the contour of the throat. When the neck is too short it inclines to fat at a very early age. The double chin appears and the roll of flesh all around the edge of the collar. Massage will reduce the flesh.

ALL FOND OF PEANUTS.

Delicacy Relished by All Animals—Even the Hippopotamus Devours Them with Pleasure.

"The peanut is a delicacy relished by all creatures," said a New York animal lover. "I have come to this conclusion after having offered it to every animal in the Central Park zoo, and having it refused by none."

"Oh, I know it isn't allowed; but I'm not one of those individuals who offer animals indiscriminate numbers of hard-boiled eggs, frankfurters, cheese sandwiches and cigar stumps. It's for that sort of nuisance the rule about feeding is made. A single peanut can't ruin the digestion of a camel—or of any other creature, for that matter, and I never visit the zoo without a bag or two of those legumes to distribute.

"Yes, the camel is fond of them—very; and so are the peacocks. The hippopotamus obligingly opens his mouth to let me toss one in, but the mouth is so large and the peanut so small that I doubt if he can quite decide whether he likes it or not.

"The kangaroo pokes his funny, horse-like head out to me, munches the peanut with relish, and then begs for more. The elephant, deer, ostrich, and even the lion, are all lovers of the peanut."

DOCTOR'S SHIFT.

Now Gets Along Without It.

A physician says: "Until last fall I used to eat meat for my breakfast and suffered with indigestion until the meat had passed from the stomach."

"Last fall I began the use of Grape-Nuts for breakfast and very soon found I could do without meat, for my body got all the nourishment necessary from the Grape-Nuts, and since then I have not had any indigestion and am feeling better and have increased in weight."

"Since finding the benefit I derived from Grape-Nuts I have prescribed the food for all of my patients suffering from indigestion or over-feeding and also for those recovering from disease where I want a food easy to take and certain to digest and which will not overtax the stomach."

"I always find the results I look for when I prescribe Grape-Nuts. For ethical reasons please omit my name." Name given by mail by Postum Co., Battle Creek, Mich.

The reason for the wonderful amount of nutriment, and the easy digestion of Grape-Nuts is not hard to find.

In the first place, the starchy part of the wheat and barley goes through various processes of cooking, to perfectly change the starch into Dextrose or Post Sugar, in which state it is ready to be easily absorbed by the blood. The parts in the wheat and barley which Nature can make use of for rebuilding brain and nerve centers are retained in this remarkable food, and thus the human body is supplied with the powerful strength producers so easily noticed after one has eaten Grape-Nuts each day for a week or 10 days. "There's a reason."

Get the little book, "The Road to Wellville," in pkgs.

YOUNG GIRLS NEED A CALENDAR

BY MARGARET E. SANGSTER.

I wonder if you ever think, dear girl, what story the calendar is telling for you. Perhaps you have a tiny pocket calendar tucked into your purse that you may consult it if you happen, as careless people sometimes do, to forget the date; not that I fancy you belong to that set or that you do not keep tally of the days of the month.

A good plan for us all is to remember just where we are, so that we never have to pause and ask somebody to tell us whether it is the 8th or the 9th, the 10th or the 12th day of the month. You may keep a calendar on your dressing bureau, tearing off a leaf every day, or it may hang suspended from a nail by a ribbon or a chain, or be fastened on the wall. Whatever sort of calendar you have it is simply a device to remind you that Time is flying and that it is well to make the most of him and of his opportunities before he is gone out of sight. Just one day at a time is yours and mine, and according as we use or abuse the single day, we shall get the good that is waiting for us and earn the reward that comes to faithful workers.

I am very fond of all sorts and conditions of girls, but there is one variety with which I have no patience; the girl who dawdles, who sits around talking about what she means to do and never accomplishing anything. Is not the girl who commends herself to me. She is not only idle herself, but she sets a bad example to every one else and commits the mistake of throwing away the most valuable asset she will ever have. A day when one is young and strong and light-hearted as girls are or should be, is worth ten times as much as a day will be when the same girls are older and know more about care and trouble. Is your story of the calendar a story of work well-done and of play undertaken with all your heart? Whatever you do, never dawdle.

There is something else to think about in the story of the calendar.

It isn't the thing you do, dear. It's the thing you leave undone. That gives you a bit of a heartache. At the setting of the sun. The tender word forgotten; The letter you did not write; The flower you did not send, dear. Are your haunting ghosts at night.

The stone you might have lifted Out of a brother's way; Which we hurried too much to say; The loving touch of the hand, dear, And the gentle, winning tone, That you had no time or thought for. With troubles enough of your own.

Those little acts of kindness So easily out of mind, Those chances to be angels Which we poor mortals find, They come in night and silence, Each sad, reproachful wraith, When hope is faint and flagging And a chill has fallen on faith.

For life is all too short, dear, And sorrow is all too great, To suffer our slow compassion That carries until too late; And it isn't the things you do, dear, It's the thing you leave undone That gives you a bit of a heartache At the setting of the sun.

I do not want the girls I care for to go about with the weight of the world on their shoulders, or would I

like to see them always bothering about the impression they are making or the number of things they were accomplishing from Monday until Saturday. It is quite possible to make such a fuss over one's duty that one tires all one's friends and succeeds in frightening the average person out of one's neighborhood.

But our sins of omission foot up a long account against us. Let us look candidly at any day we choose. Perhaps for convenience, we will take today. When we came downstairs this morning, had we a pleasant word for every one; did we bring our smiles to the breakfast table; did we go to the door with daddy or pin a flower in his button-hole; did we watch for a chance to help mother and were we nice and kind in our manner to the maid in the kitchen? Some of the maids in our kitchens are themselves young girls, and they are very far away from their own homes. They have mothers and fathers and friends and neighbors across the sea, and sometimes they are home-sick and a little cross because they have not had a letter, or it may be, because they cannot very easily write their own letters. A girl like you, Dorothy or Katherine, a girl who is just a daughter at home may do ever so many lovely things to make life easier for the maid whose work is in the kitchen, over the tubs, or over the range.

Although you seldom think of it, the story of the calendar is writing itself on your face. Every day that you live is either making you beautiful or making you plain. If you never pout or frown or screw your forehead into a tangle or draw down the corners of your mouth into a sullen droop, you will gain a sweet, sunny expression that will make people glad when they look at you. I can think of two or three young people whose faces seem to glow as if from an inward light. If every day you have pure thoughts and never indulge in one that is unwholesome, your face will have in it something as fresh and innocent as the soul behind it. Not so much beautiful features as a beautiful soul can make a beautiful face. To be kind in your judgments, interested in your friends, simple and sincere in all you do, every day of your life will give you an attractiveness that cannot be described.

The story of the calendar for you, too, must be a story of health or illness. God gives us plenty of bright sunshine and clear bracing air, but some of us seem to prefer to shut ourselves up in close, stuffy rooms and to live in the dark. If we do that every day we may expect to be pale and sallow, to have headaches and backaches and aches to numerous to mention. On the porch of the house where I live there is a crimson rambler rose. You never saw anything grow so fast as this rose. It climbs higher and higher, flings out its wreaths of bloom and is a perfect joy. Girls should be like this, growing, reaching upward, filling their little world with bloom and fragrance, and living day by day in the air and in the sun. You are in God's world, my dears, see that day by day you make the most of it.

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THE LAXATIVE OF KNOWN QUALITY

There are two classes of remedies; those of known quality and which are permanently beneficial in effect, acting gently, in harmony with nature, which nature needs assistance; and another class, composed of preparations of unknown, uncertain and inferior character, acting temporarily, but injuriously, as a result of forcing the natural functions unnecessarily. One of the most exceptional of the remedies of known quality and excellence is the ever pleasant Syrup of Figs, manufactured by the California Fig Syrup Co., which represents the active principles of Figs, known to act most beneficially, in a pleasant syrup, in which the wholesome Californian blue figs are used to contribute their rich, yet delicate, fruity flavor. It is the remedy of all remedies to sweeten and refresh and cleanse the system gently and naturally, and to assist one in overcoming constipation and the many ills resulting therefrom. Its active principles and quality are known to physicians generally, and the remedy has therefore met with their approval, as well as with the favor of many millions of well informed persons who know of their own personal knowledge and from actual experience that it is a most excellent laxative remedy. We do not claim that it will cure all manner of ills, but recommend it for what it really represents, a laxative remedy of known quality and excellence, containing nothing of an objectionable or injurious character.

There are two classes of purchasers; those who are informed as to the quality of what they buy and the reasons for the excellence of articles of exceptional merit, and who do not lack courage to go elsewhere when a dealer offers an imitation of any well known article; but, unfortunately, there are some people who do not know, and who allow themselves to be imposed upon. They cannot expect its beneficial effects if they do not get the genuine remedy.

To the credit of the druggists of the United States be it said that nearly all of them value their reputation for professional integrity and the good will of their customers too highly to offer imitations of the

Genuine—Syrup of Figs

manufactured by the California Fig Syrup Co., and in order to buy the genuine article and to get its beneficial effects, one has only to note, when purchasing, the full name of the Company—California Fig Syrup Co.—plainly printed on the front of every package. Price, 50c. per bottle. One size only.

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