

# HOUSEWORK NOT DRUDGERY

## For Women In Good Health

Read How Lydia E. Pinkham's Vegetable Compound Changed Conditions For These Housewives

### Back Don't Bother Me Now

Lincoln, Nebraska. — "My back would bother me so and when I had to do any heavy lifting it made me sick to my stomach with the pains in my back. I have my housework to do and four babies to take care of so when I heard of Lydia E. Pinkham's Vegetable Compound I took it and I feel better. My back don't bother me and I can eat more and work. I do all my housework and washing for six in the family. I will tell other women to take the Vegetable Compound and you may publish my letter." — Mrs. CHARLES F. DOLEZAL, 1201 Garber Ave., Lincoln, Nebraska.

### Felt Better At Once

Volga City, Iowa. — "I will tell you what Lydia E. Pinkham's Vegetable Compound did for me. I was all run down and could hardly be on my feet. I was so cold I could not keep warm. I had numb feelings and then heat flashes would pass over my body. I had severe pains in my sides and was very nervous. I saw your advertisement in the newspapers so I thought I would try your medicine. My husband got me a bottle of the Vegetable Compound and I began to feel better as soon as I started taking it. I have taken it off and on for three years now. I keep house and do all my work for my husband and two

little boys and make my garden. I feel fine and I tell others what the medicine has done for me. I think it is the best medicine in the world for women." — Mrs. THOMAS GRINDLE, Volga City, Iowa.

### Can Do Any Kind of Work

Fouke, Arkansas. — "I had the 'flu' and after that I had a pain in my side and was not able to do my work I was so weak. I found an advertisement in a paper and it told what Lydia E. Pinkham's Vegetable Compound would do, and I took it. Now I can do any kind of work I want to. I think every family ought to keep it in the house all the time and I intend to do so." — Mrs. DORA PHILYAW, R.R. No. 2, Fouke, Arkansas.

Over 100,000 women have so far replied to our question. "Have you received benefit from taking Lydia E. Pinkham's Vegetable Compound?"

98 per cent of these replies are "Yes."

This shows that 98 out of every 100 women who take this medicine for the ailments for which it is recommended are benefited by it.

This goes to prove that a medicine specialized for certain definite ailments—not a cure-all—can and does do good work. For sale by druggists everywhere.

### The Highest Talent

There is no higher talent than that of being able to maintain kindly and helpful relations with un congenial human beings.—Selected.

### Cuticura for Sore Hands.

Soak hands on retiring in the hot suds of Cuticura Soap, dry and rub in Cuticura Ointment. Remove surplus ointment with tissue paper. This is only one of the things Cuticura will do for Soap, Ointment and Talcum are used for all toilet purposes.—Advertisement.

Study of the migration of English sparrows is now being conducted by the zoology department of the University of Wisconsin.

**WARNER'S TONIC**  
AIDS DIGESTION  
CORRECTS STOMACH AND BOWEL DISORDERS  
At all Drug Stores  
WARREN CHEMICAL CO. NEWARK, N.J.

### Autoists Carry Goat

Goat milk en route was enjoyed by a Colorado motor party recently. The tamping party fixed a stall for a milk goat on the running board of their medium-sized auto and consequently had a supply of the milk on their transcontinental trip. The goat would eat leisurely even while the car was in motion.

# Children Cry for



**MOTHER:**—Fletcher's Castoria is especially prepared to relieve Infants in arms and Children allages of Constipation, Flatulency, Wind Colic and Diarrhea; allaying Feverishness arising therefrom, and, by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep.

To avoid imitations, always look for the signature of *Wm. H. Fletcher*  
Absolutely Harmless—No Opiates. Physicians everywhere recommend it.

## Laxatives do not overcome constipation

LAXATIVES and cathartics provide temporary relief only. Their continued use leads to permanent injury. In time, says an eminent physician, an almost incalculable amount of harm is done by the use of pills, salts, mineral waters, castor oil and the like.

### Physicians advise lubrication for Internal Cleanliness

Medical science has found at last in lubrication a means of overcoming constipation. The gentle lubricant, Nujol, penetrates and softens the hard food waste and thus hastens its passage through and out of the body. Thus, Nujol brings internal cleanliness.

Nujol is used in leading hospitals and is prescribed by physicians throughout the world. Nujol is not a medicine or laxative and cannot gripe. Like pure water, it is harmless.

Take Nujol regularly and adopt the habit of internal cleanliness. For sale by all druggists.



**Nujol**  
REG. U.S. PAT. OFF.  
For Internal Cleanliness

## POINTS ON KEEPING WELL

Dr. Frederick R. Green,  
Editor of "Health."

### SLEEPING PORCHES

SLEEPING outdoors is a present-day fad. Some fads are foolish and temporary. Others are so sensible that they become permanent.

Sleeping in the open air is a fad which ought to become a permanent habit. It is getting back to the habits of our ancestors and getting away from one of the dangers of overcivilization. For long centuries primitive man, whatever rude shelters he built for himself during the day, slept in outdoor air.

But modern houses are practically air-tight. Close-fitting windows and doors shut out all air. Hot air, steam and hot-water heating warm our houses and office buildings instead of the open fireplaces of our ancestors. The house is made air-tight with storm doors and windows or is banked up with straw or dry leaves at the first signs of winter. Not only do the inmates live and work all day in a stove or furnace-heated atmosphere, but they often sleep all night in a close bedroom. The result is that every winter brings its regular crop of coughs, colds, influenza, bronchitis, pneumonia and tuberculosis.

There is no medicine you can buy that will prevent these diseases. The remedy is free to all. Pure outdoor air, and plenty of it all night, will revive and stimulate the tired, dried-out throat and lungs.

Here's where the sleeping porch comes in.

All right for millionaires, you say, but you can't afford any such luxuries. Not at all. Any porch corner can be turned into any open-air sleeping room. Select a corner screened from the wind and storm, as sailors would say, on the lee side of the house. Curtains made of canvas, old awnings or tarpaulins will secure privacy and keep out the rain. If you want something more elaborate, it can be glazed in with window sashes, made so that they can be opened and closed easily. An iron bed, or an army cot is all that is needed. If a door opens into this sleeping porch, so much the better. If not, a door can be cut or a window cut down. You can undress in your warm room, step into your sleeping porch and close the door, sleep all night with plenty of life-giving oxygen to breathe, and go back to your warm room in the morning.

If a sleeping porch must be on the second floor, a flat roof of a porch or a one-story addition can be used.

All nonsense, you say. All right. But try it this winter and see how much you save in lost time from sickness, medicines and doctors' bills, and how much better and stronger you feel in the morning.

### DIRT EATING AMONG CHILDREN

MOST children have perpetual appetites. They are always hungry. Their young bodies need plenty of food to build them up and to make it possible for them to grow to full sized, strong, healthy men and women. Plenty of milk, good bread and butter, fruits and fresh vegetables and meat are needed.

The healthy child is satisfied with plenty of good food. It gets hungry again, of course, but it is a natural hunger which is satisfied with ordinary food. But a few children, when they are from one to three years old develop a craving for unnatural things. Some of them eat mud, coal, cinders, gravel or mortar, wallpaper, newspaper, or paint.

Koplik of Philadelphia thinks that this starts from the natural instinct of the child to put anything it gets hold of into its mouth. We all know that the first thing a baby tries to do, with anything it gets its hands on, is to put it into its mouth. Most children outgrow this habit. But in a few, generally those who are weakly or anemic, the habit is kept up and the child eats all kinds of queer substances.

In most cases, these different kinds of dirt are comparatively harmless. But the paint eaters and those children who have a morbid craving for painted objects may easily develop lead poisoning.

The child may gnaw or suck painted toys or may gnaw the paint off the window sills, white furniture, crib railings, porch railings, or even off door and window frames. In one case, reported by Dr. John C. Ruddock of Los Angeles, a boy of three years had gnawed every bit of paint off the porch railing, window sills, furniture and doors.

The lead in the paint poisons the child just as it does the painter. It becomes restless and fretful, has a poor appetite, foul breath and pains in the stomach and legs. Its gums bleed and it may have convulsions. These convulsions may become more frequent and severe and may end fatally. In Queensland, Australia, where frame houses are common, these cases of lead poisoning in dirt-eating children became so numerous that efforts were made to prohibit the use of white lead paint in houses where it was within the reach of children.

Children from one to three should be carefully watched, and any tendency to dirt-eating corrected. Paint and painted objects should be kept out of their way.

## MAKING GOOD IN A SMALL TOWN

Real Stories About Real Girls

By MRS. HARLAND H. ALLEN

### THE CANDY KITCHEN

AMERICA'S notorious sweet tooth must be satisfied.

And for the girl who knows what candies are America's "best sellers" and how to make those candies, there is money in helping to satisfy it. That's the declaration of financial independence made by a small town girl who has proved her statement.

"But ordinary candies, like fudge and taffy, that everybody makes," she asserted, "don't pay well. And with practically the same materials, you can make the expensive chocolates and bon-bons."

This girl has found the "best sellers" to be fancy chocolates and fudges, cream caramels, nut brittle and butterscotch. She maintains that it is better to specialize in only one kind of candy or, at most, only a few choice varieties, rather than to attempt too many kinds and have them imperfect.

The girl who proposes to run a "candy kitchen" in her home needs to consider three factors: instruction, equipment and supplies, and marketing. If she doesn't know how to make the kind of candy she wants to sell, she must, obviously, get some preliminary instruction, and she should procure a book that gives explicit directions for the making of the most intricate candies.

Her equipment will be: a range, (preferably gas), a thermometer, scales, measuring cup, quart measure, spatula, case knife, long sharp knife, wooden spoons, tablespoons, teaspoons, caramel pans, saucepans or candy kettles, double boiler, mint dropper, bonbon dipper, marble slab or table, or porcelain table, or large white tray. She may simplify or elaborate upon this equipment according to the extent of her business.

As for her market, the novice had best begin on a small scale, selling to personal friends and acquaintances. She will probably have plenty of orders for the holiday times, and she may avoid the anti-holiday slump and stimulate all-the-year-round trade, by advertising the "Saturday Special," the box to take home for the Sunday treat. She may advertise her "strictly home-made wares" in the local papers; and she may further announce them by a card, accompanied by an attractive-looking plate of candy, in her window.

The candy-maker should box her wares neatly and attractively, and should adopt a trade name for use on the boxes and in advertising. She should never include broken bits of candy, crumbly fudges or trimmed-off edges in the boxes, but should save them in a "stock kettle" for later use.

If she wastes nothing—material, paper, string, boxes or time—she is sure to attain financial success through her "candy kitchen."

### BAGGING BUTTERFLIES—IN BOTTLES

THAT dream of "picking dollars out of the air" may come true yet—for the girl who becomes a butterfly collector.

Moreover, romance, as well as finance may be her consideration. "The thrill of the artist at the discovery of a rare and beautiful thing"—that's how a California girl, an initiate to the advantages of butterfly collecting, sums up the wonders of her work. And the more "rare and beautiful" the butterflies she captures, the greater her material returns, she might have added.

The butterfly chase takes place at night. But the butterfly collector must make daylight preparations; she must have smeared the bark of the trees on the butterfly "farm" with a sweet and sticky substance, such as sugar water or diluted honey; and she must equip herself for the nocturnal chase with a wide-mouthed bottle containing cyanide, and a bull's eye lamp. After the captured "fly," as the technical trade dubs the beautiful creature, is dazed by the lamp, it is dropped into the bottle to be asphyxiated.

After the night's catch, damaged male butterflies are again turned loose, while all perfect specimens are pinned in cork-lined boxes and shipped to the purchaser. Larvae and eggs may be kept in cold storage until spring, when their particular food plant will be available, or fed on forage crops which are grown indoors. The eggs of some butterflies will hatch within a few days, while others will not come out until spring. The collector should keep the eggs in ordinary glass test tubes, where she can examine them every day to see whether they have hatched. When they do hatch, the work-brood should be transferred to a jelly-glass tightly covered, and left until they attain a quarter of an inch in length. Later, they should be placed in larger fruit jars, or, if there are very many, into barrels. Several inches of dirt and leaf mould should be placed in the bottom of each receptacle; and fresh plant food should be put in every day and the old leaves taken out.

Butterfly markets are many. Colleges and schools, big museums, taxidermists, jewelry manufacturers, society people, hotels, department stores, and private collectors buy them either for scientific or display purposes.

Remember  
**MONARCH**

here are 40 MONARCH FAVORITES

- Cocoa
- Tea
- Sweet Pickles
- Sweet Relish
- Catsup
- Chili Sauce
- Preserves
- Mince Meat
- Mayonnaise
- Dressing
- 1000 Island
- Dressing
- Pork and Beans
- Peasut Butter
- Prepared Mustard
- Grape Juice
- Fruit Salad
- Pineapple
- Cling Peaches
- Sliced Peaches
- Apricots
- Pears
- Loganberries
- Red Raspberries
- Strawberries
- Blackberries
- Cherries
- Beets
- Red Kidney Beans
- Lima Beans
- Asparagus Tips
- Corn
- Tomatoes
- Peas
- Hominy
- Pumpkin
- Stringless Beans
- Sweet Potatoes
- Sauer Kraut
- Spinach
- Salmon
- Milk

MONARCH COFFEE  
REID, MURDOCH & CO.  
CHICAGO BOSTON NEW YORK  
PITTSBURGH

**QUALITY for 70 years**

If you paid \$1.00 a pound you couldn't buy coffee better than Monarch. Yet Monarch is priced so low everyone can afford to drink it. Try it today.

**REID, MURDOCH & CO.**  
Manufacturers and Importers  
Established 1853  
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Reid, Murdoch & Co.'s food products are sold only by the Regular Retail Grocer who owns and operates his own store. We never sell to Chain Stores.

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**Cut Your Shoe Bills with USKIDE**

YOU'VE always wanted a sole that would wear like this, and now here it is.

USKIDE—the wonder sole for wear. Wears twice as long as best leather. Comfortable, healthful, waterproof, protects against slipping.

The hardest job, the toughest footing, can't faze USKIDE. It wears and wears and wears.

Tell your repairman you want USKIDE Soles on your shoes. Insist on new shoes soled with USKIDE. Look for the name on the sole—it's there for your protection.

And—for a Better Heel to Walk On!—"U. S." Spring-Step Rubber Heels. Made of Sprayed Rubber, the purest, toughest rubber known.

United States Rubber Company  
**USKIDE Soles**

Some charity that begins at home is too likely to stay there.

**DEMAND "BAYER" ASPIRIN**

Take Tablets Without Fear If You See the Safety "Bayer Cross."

Warning! Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians for 23 years. Say "Bayer" when you buy Aspirin. Imitations may prove dangerous.—Adv.

Worry seldom kills, but it couldn't be stopped if it did.

AS SURE AS DAWN BRINGS A NEW DAY  
**CASCARA QUININE**  
WILL Break That Cold and Make You Fit Tomorrow! GENUINE  
W. H. HILL CO., DETROIT, MICH.

The man who is too busy to take care of his health is a workman too busy to take care of his tools.

Wright's Indian Vegetable Pills contain only vegetable ingredients which act as a gentle purgative. 272 Pearl St., N. Y. Adv.

And when a man bumps up against hard luck he always blames some other fellow for shoving him.

**PAY LESS**

— and get higher purity  
— and get better baking  
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Bake it  
**BEST** with  
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