

## AILMENTS OF YOUNG GIRLS

Relieved by Lydia E. Pinkham's Vegetable Compound School Teacher's Experience

Evanston, Wyoming.—"A few years ago I had troubles every month such as girls often have, and would suffer awfully every time. I was teaching school and it made it hard for me as I had to go to bed for two or three days. One day my mother suggested that I take Lydia E. Pinkham's Vegetable Compound, which I did, and it did wonders for me. In the course of a year I married and after my first baby was born I got up too soon and it caused a displacement. This troubled me so that I could hardly walk or do my housework. I knew what the Vegetable Compound did for me before so I took it again. It strengthened me and now I have five little kiddies. The eldest is six, the baby is five months old and I have twin boys three months old and a boy of five years. I do all my own housework, washing and ironing, and I never felt better in my life. I owe my health to your wonderful medicine and I recommend it to all my friends."—Mrs. VERBENA CARPENTER, 127 2nd Avenue, Evanston, Wyoming.

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Porter's Pain King Salve is made with a base of pure wool fat (lanoline) combined with antiseptic, healing, pain-relieving drugs. There is nothing better for collar and saddle galls, cuts, scratches or bruises on horses. It quickly heals sore teats on cows, caked udder, etc. At your dealer's.

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HAS BEEN  
Relieving Coughs  
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Carry a bottle in your car and always keep it in the house. 30c and 90c at all druggists.

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Everyone groans at thought of picking ducks. An easy way is to pick the largest feathers by hand. Then cover the duck with a thin coating of melted paraffin and allow to harden. The paraffin may then be quickly scraped off with a knife, bringing the down and small feathers with it.

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"Can't you recommend that resort?"  
"All depends. I didn't like it, but my wife's dog gained an ounce."

**Relieved Over Night**  
At 53 never has a headache—never troubled with constipation.

"After a serious illness I became very constipated. The doctor's medicine relieved me only for a short time. I also suffered from several headaches three or four times a month. One day I noticed your ads and sent for a box. Beecham's relieved me at once. I found that if I took them on going to bed I would feel fine in the morning. I never have a headache now."  
"I am 53 years old and I do all my own housework. I lay it all to the wonderful help which Beecham's Pills have given me for 20 years."  
Mrs. W. C. Staub, Berthelton, Pa.  
Painful elimination is the basis of much ill health. Beecham's Pills bring prompt relief to sufferers from constipation, sick headache, biliousness and other digestive ailments.

**Beecham's Pills**

**FOR OVER 200 YEARS**

haarlem oil has been a world-wide remedy for kidney, liver and bladder disorders, rheumatism, lumbago and uric acid conditions.

**GOLD MEDAL HAARLEM OIL CAPSULES**

correct internal troubles, stimulate vital organs. Three sizes. All druggists. Insist on the original genuine GOLD MEDAL.

**Stops Itching Peterson's Ointment**

To the millions of grateful sufferers who know about the mighty healing power of Peterson's Ointment for old sores, ulcers, piles, sore feet and chafing Peterson says, "use it for skin and scalp itch; it never disappoints." All druggists, 60 cents.

**Quick Safe Relief CORNS**

In one minute—or less—the pain ends. Dr. Scholl's Zino-pad is the safe, sure, healing treatment for corns. At drug and shoe stores.

## HOW TO KEEP WELL

DR. FREDERICK R. GREEN  
Editor of "HEALTH"

### WIPING OUT MOSQUITOES

A WISE general attacks when his enemy's strength is at its weakest. So the time to attack the mosquito is not in the middle of the summer, when there are millions of them, but in the early spring, when they are beginning to breed, or, better still, in the late fall, when there are only a few left. The female mosquito, by which the breed is kept alive, hides during the winter in any warm dark place she can find. This may be a dark, warm corner of the barn, a snug place in the basement or under old clothes in a seldom disturbed closet. If all these refuges are thoroughly cleaned and aired during the winter, the number of hold-over mosquitoes left to start a new crop in the spring will be all the less.

But the effective time for an anti-mosquito campaign is the early spring and the best way to prevent a large number of young mosquitoes is to destroy the breeding places. The female mosquito, in the first warm days of spring, comes out of her winter hiding place and starts looking for a nice, warm, wet place in which to lay her eggs. This may be a cistern, rain barrel, tub or watering trough. It may be an empty tin can, in which a little water has collected.

But if, while the air is still frosty, all rubbish is removed, all ditches opened up and all places where water can stand are either drained, oiled or screened, the lady will not find any place to lay her eggs and so will die with her heart's desire to be a numerous mother unfulfilled.

### LIVABLE BASEMENTS

IN MOST houses, even the better-built ones, the cellar is a dark, dirty, moldy hole. Often without proper light or ventilation, used for storing fruits and vegetables, it breeds unpleasant odors. Without enough air or sunlight to keep it sweet, it may keep the whole house filled with damp and polluted air.

If the cellar is to be used for storage, it had much better be separate from the house than under it. There is no advantage and many disadvantages in living over a hole that is used only for storing decaying fruits and vegetables.

If the cellar is really a necessary part of the house and contains a furnace, laundry and other conveniences, then it is as much a part of the house as the dining room or living rooms and should be given as much care and thought as any other part of the house.

In the earlier days, when basement walls could only be built of boards, brick or stone, a well-built basement was a difficult and expensive proposition. But with the present-day concrete building methods, a dry, water-tight, well-lighted and well-ventilated basement is possible anywhere. It is literally the foundation of the house and should be planned and built just as carefully as any other part of the house. Even in old houses, a basement can be constructed that will be dry, warm and well aired and that will make all the rest of the house more comfortable.

Every basement should have sound, water-tight walls and an even, smooth, dry floor. If a basement is damp or musty, the whole house will be affected. A dry, warm basement keeps the rest of the house dry and warm. Damp cellars mean higher fuel bills and less comfort.

## Fabrics Suitable for Little Girls

Wool, Silk, Cotton, Linen, Are Favored Materials for Dresses.

All over the land some ten million mothers are seriously considering the problem of what material is the most desirable, the most healthful and the best looking to buy for their little daughter's school clothes.

Wool is, of course, the warmest material there is. It also wears well, keeps its shape, and if a reasonably good quality is purchased, and good dyes have been used, it will be fast to fading from the sunlight at least, and ordinarily one does not wash a woolen dress. Neither does a woolen frock have to be cleaned very frequently, and so economical from that standpoint. The disadvantage in this connection is that such a frock may not get cleaned as often as is desirable.

When a woolen garment does become soiled it holds the dirt tenaciously in its pile surface. When it begins to get shabby, the nap of a wool fabric wears off very quickly; or if it is one of the hard-surfaced fabrics, like serge, it "wears shiny" instead. It is not practical to select wool for a frock which must be washed frequently, for in laundering wool shrinks badly and becomes matted and hard.



Brass Buttons and Leather Belt Trim Brown Flannel Dress.

Silk sheds the dust easily, and so keeps clean a long while. It also has the advantage that it does not muss easily, and if a soft material is chosen, such wrinkles can be shaken out, or else pressed very easily with a rather cool iron. It is disastrous to use a very hot iron on silk. Silk crepes are very beautiful, and can also be washed. All silks take dyes well, so if a good quality is purchased, the color will prove fast.

### Flare of Every Type in New Winter Coats

Every type of flare is used in the coat models for winter. There are deep godets and set-ins and set-outs; panels and gores and inverted plaits; and many interpretations of the circular flounce. And for her who would achieve distinction by using the very different, there is the coat that begins its flare at the shoulder. Needless to say, only the favored few can wear a silhouette of this sort.

As a sort of stepping stone there is the coat that superimposes a flare over a straight-line coat, the under part banded with fur or embroidery. It is a sort of undecided type, showing the equal popularity of the more familiar straight model with the never faded affair.

As a part of the costume suit and as a separate garment, the tailored coat is much in evidence. It is not scornful of the new lines, by any means, but in accepting them it loses not a bit of its meticulous tailoring or its feeling of simplicity. There are several versions of it, all of them authentic, so far as the prescribed mode is concerned.

Its fabrics are the men's wear materials—the chevots, tweeds, homespun, oxfords and novelty worsteds in patterns that closely simulate the masculine mode. And the coats are three-quarters length or seven-eighths, although there are very short jackets with some of the suits and, as a matter of course there are hem-length coats.

## Smart Winter Turbans Are in Rich Red Velvet



Flyaway bows and dropping wings of ribbon adorn some of the popular turbans for winter wear. The velvet wing at the side in the model shown is an original feature in this turban of wine red velvet.

It does not lose in laundering, and so a linen frock retains its freshness. It does wrinkle badly and so must be pressed often. The heavier linens are quite warm, because of their coarse yarn and close weave.

### Black, Gold and Silver, Among Paris' Favorites

Any and every color may be worn, but black, gold and a little silver are the favorites, notes a Paris fashion correspondent. This is fashion's decree, obedience to which is already apparent in ultra-smart circles.

Frocks of kid and other leather are the newest, but velvet, silk and satin are fashionable also. The Parisian couturiers are showing much ingenuity in keeping the black from becoming gloomy.

Typical examples of the mode are a frock of black broadcloth with silver-lined pockets, collars and cuffs, under a long straight coat with bands of silver trimming and gray fur edged with silver or gold. A small black hat of velvet or felt is worn with it.

### Raised Front, Back or Sides; Higher Waistline

Width and fullness cleverly disposed so that the slim grace of the figure is not hidden give to the evening frocks of the moment a distinctly different aspect from those of last season and indicate quite clearly the waning prestige of the straight chemise frock which could be copied so easily that its exclusiveness speedily was lost.

Marked by an intricacy of cut and detail the new frocks which Paris introduces for the coming winter reflect the feeling for a rather obvious defined waistline, a silhouette long absent from the fashions of the past few years. Rarely does the line, however, keep to a straight unbroken course, but wanders at will up in front and down in back, or down in front and up in back. Occasionally both front and back are on an equal plane while the sides are raised for several inches.

Idea is merely suggested by two buttons in a horizontal position at the waistline. But more of the models feature the side closing, the collar so cut that it can be worn high, but when opened, it falls naturally into deep revers. The wrap-around line is a becoming one.

Collars may, for the most part, be worn high—for it is a season of high collars. And they are cleverly cut in shawl lines to run to the waist, or even the hem line. This long line is accentuated with trimming of some sort in the more elaborate models, of which there are a very great many.

### Part of Scheme

Nowadays, smartness begins at the sidewalk and goes a long way up before it meets a skirt hem. Which is to say that shoes and stockings were never more important. The shoes are generally in color to complete the costume. Gray and green are favorite shades. Soft browns are important. And, where black exists, it disdains to be the old all-black patent leather pump, but combines itself with many colors.

### Blondes Predominate

In several models, with their straight slim waists and skirts flaring widely from hips to hem, there is revealed the influence of Russian styles. In many instances these are fashioned of velvet, with wide bands of fur to add to the luxuriousness of its appearance.

## ALONG LIFE'S TRAIL

By THOMAS ARKLE CLARK  
Dean of Men, University of Illinois.

### SLAVES TO CONVENTION

IT'S curious what a slave convention makes of us. There are so many things we may do in public without criticism and others which seem just as harmless and just as necessary which we may not. Now there's the toothpick.

I don't recall that anything has ever been done properly to recognize the service rendered to the human race by the man who invented toothpicks, but, if not, I think someone should take it up. He did a great sanitary service to the world; he helped to promote peace and harmony and good feeling in the family by reducing the tendency to decaying teeth and the resulting toothache.

The toothpick is practical, but it must be kept in the background. It has been put to many practical purposes besides that of helping to keep the teeth in condition. I observed that the club sandwich which the waiter on the dining car brought me a few days ago was held together by skillfully placed toothpicks. I have learned to turn on the heat with one when the thermostat in my office does not work. These, however practical, are only incidental and need not be seriously considered.

I could wish at times that the inventor of this most useful aid to better sanitation and a more permanent dental apparatus had left somewhat more specific directions as to when and where the device might best be employed.

There was a time when the gold toothpick on the watch chain was as popular as a dangling elk's tooth or the football of the successful athlete—as regularly seen, in fact, as the compact with which the present-day young society woman without criticism touches up her complexion in all places public and private; but those days are gone forever. Present-day practices confine the toothpick to less public use.

The young woman sitting in the hotel dining room attracted my attention. She was very becomingly dressed; she was the last word in everything and she was not extreme. Her complexion, to which she gave attention near the close of the meal, was so carefully applied as to seem almost her own. She had a pleasant, soft voice when she spoke to the waiter, and she left fifteen cents on the tray when she paid for her lunch. But she went out of the dining room with a toothpick between her teeth. I was disillusioned. She could tangle her hair and patch up her complexion, but the toothpick—it was quite clear that she was no lady!

### HATE

THE Green girls were little tots when I was in college—healthy, yellow curled, cheerful children who ran about the big yard in which they lived and played with the abandon which characterizes young children. They were devoted to each other and seemed to adore their parents.

They grew up, and went to high school and college in a normal way and when out of college came back home and took up some sort of work in the town. Their parents died in time and left them living alone in the old Green house. Jane and Eleanor married finally, the former a well-to-do business man of town, and Eleanor a happy-go-lucky no-account who had first one job and then another, but never working steadily enough to earn a respectable living. Mary and Margaret kept on at their work and continued to live in the old house.

When Jane married some question arose as to the division of the Green estate.

Jane needed the legacy the least, but, as is often the case, had the most grasping desire for what she considered her share. An imagined injustice rankled in her breast, scathing words of denunciation of her sisters came from her lips, she isolated herself and nursed her wrongs until she became half insane.

Friends tried to heal the wounds and bring the four together, but it was impossible. They drifted farther and farther apart. When love and mutual respect should have made them contented and happy, they spent their time in brooding over their wrongs. I saw Jane last night for the first time in years. She is as haggard and wrinkled as an old woman. Her beauty is gone, her attitude toward everything in the world is critical; she finds nothing right, nothing worth while. She would walk out of the room if any of her sisters should enter it. She has plenty of money, but she spends her time in brooding upon what she thinks she has lost.

Hate has made her cynical, unhappy, an inefficient and useless member of society. It has made her old before her time. She lives alone, she has few friends, she has ruined what might have been a happy and a useful life through cherishing a feeling of hatred toward those for whom she should have had the warmest love, and the cause was a trifling disagreement concerning a few paltry and insignificant dollars. The pity of it!



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