

Reading for Women and all the Family

"When a Girl Marries"

A New, Romantic Serial Dealing With the Absorbing Problem of a Girl Wife

CHAPTER CCLXXII

Val's empty bed gimmered back at me in the soft glow of the Chinese lamp that stood on the night table next the bed.

I turned and stepped in through the window. There was Val leaning heavily against the door of the big closet on the side of the room between the windows and door and just opposite the bed.

How Fat Actress Was Made Slim

Many stage people now depend entirely upon Marmola Prescription Tablets for reducing and controlling fat. One clever actress tells that she reduced two or four pounds a week by using this new form of the famous Marmola Prescription and now, by taking Marmola Tablets several times a year, keeps her weight just right.

ACIDS IN STOMACH CAUSE INDIGESTION

Crate Gas, Sourness and Pain. How To Treat.

Medical authorities state that nearly nine-tenths of the cases of stomach trouble, indigestion, sourness, burning, gas, bloating, nausea, etc., are due to an excess of hydrochloric acid in the stomach and not to some bacteria or other organism.

WORKS HARD TO AVERT FLU EPIDEMIC

Government and City Health Officials Warn People to Keep Clean.

Stay Away from People with Coughs and Colds.

"Avoid crowds if you want to avoid influenza," says Association for Improving the Conditions of New York.

Keep your hands clean, drink plenty of fresh water; sleep with windows open; eat three uniform meals a day including a good breakfast.

People who have catarrh or frequent colds and influenza, declares a prominent Kentucky druggist.

The membrane of the throat and nose is raw, sore and tender, and makes a lovely abiding place for germs to thrive and multiply.

Keep your hands clean, drink plenty of fresh water; sleep with windows open; eat three uniform meals a day including a good breakfast.

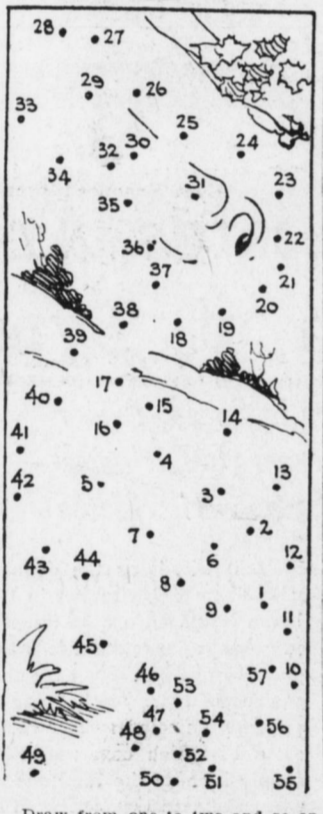
frightened. "Where have you been?" She stared at me with unmasked hostility.

"Why, I came in through the door from the hall," I replied.

"Which way?" asked Val, breathlessly, sagging against the old mahogany back of her.

"Well, then," went on Val, answering what I had said as well as the thoughts which must have written themselves pretty clearly on my face, "you'll understand that I

Daily Dot Puzzle



Draw from one to two and so on to the end.



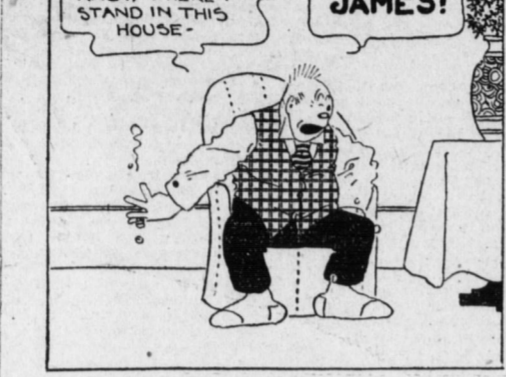
"My Complexion? It Is Perfect!"

"It is wonderful how soft and smooth my skin has become since I have been using Palmer's SKIN-SUCCESS SOAP."

Palmer's SKIN-SUCCESS Soap is anti-septic, yet delightful—very thorough but gentle cleanser. It is charming to use—and how it does soften the skin!

Bringing Up Father

Copyright, 1919, International News Service



I've got to let this new butler know where I stand in this house.

"Yes, sir!"

"Take this plant out of here and put it on the porch."

"Is that so?"

"Well, you do as I say—take it out on the porch then you can bring it in again."

LITTLE TALKS BY BEATRICE FAIRFAX

Did you ever meet a single soul who wouldn't rather look at a pretty pink rosebud than at a withered old rose? And how many people do you know who actually prefer a dirty and ragged small boy whose face was washed some time within the week to a pretty baby, rosy and clean?

All right. We agree. And agreeing, we share the premises of our argument.

Now, then, don't you know plenty of folks who just naturally get an attack of envy whenever they see a handsome man or a pretty girl?

Well, of course, the well-favored human does get a little headstart over the homely one because of our aforesaid love of beauty and he may lean a little heavily on the idea that handsome does as handsomer.

So, if Miss Beauty and Mr. Handsome are that and nothing more, where does it get them? And if they get nowhere in this world of ours, what possible reason is there for envying them?

But if the good-looking human has a soul to match and a brain worthy of its setting, what jaundiced creatures we must be to have malice and hate in our hearts for a being who brings real contributions to life.

The other day I saw beauty—just as beauty, and nothing more—jumpy as myself. I was lurching frantically (and unwisely) at a little whitened restaurant where the Danish buttercake is a thing to dream about.

We faced the big glass show window, in which were temptingly arrayed pastries and buns and breads and cakes of the sort to make a fatman shoot on sight any doctor who says:

"Eliminate starch from your diet."

And to that window full of cinnamon cakes and blueberry tarts came two ragged looking citizens who stood gazing from pricelists to window and back again with faces telling all too well that even a quarter's worth of lunch was beyond them.

Suddenly one of them looked into the restaurant. His face was working with hate and resentment. You could just see his mind questioning the whole scheme of things and his feelings lashing the fortunates who had the price of the meal he craved.

UNPOPULAR NAMES

What is there about that good old Saxon word, housewife, that twentieth century dainties should shy at it?

According to Solomon, "many daughters have done virtuously," but the housewife outranks them in excellence. A woman, registering that she might exercise her new privilege of voting, so dislike giving her occupation as housewife that she called herself "office assistant," on the strength of having occasionally received and replied to messages in her husband's office.

When the New York City Y. M. C. A. instituted a course in domestic service to train girls—household assistants we mean, of course—in the essential task of the eight-hour day now insisted upon, the applicants were so few that the course was conducted at a loss for some time.

Neither the character of the work nor the pay per hour appealed to wage-earners. Now it appears that the training is so called by those for whom it was not intended, and so esteemed, that housewives themselves have applied in such numbers as to constitute 90 per cent. of the attendance.

Scarcity of labor, high wages demanded for short hours are uniting to return women to their original work of caring for their own households. Now that the desirability of a woman vice-president is being gravely considered by suffrage leaders, the returning swing of the pendulum—that reactionary impulse that always follows an extreme

seems likely to prevent women from doing "the world's work," as contemplated, and force them back into the "restricted field" which feminists deplore.

The alternative may not have an altogether unhappy outlook. The average man marries because he wants a home and children. If his wife cheats him in the promise she weakens by just that much her hold upon him. It is time that mothers, instead of casting so much of their responsibility for the training of their children upon the schools and teachers, assumed and discharged it themselves. One not impotent means of reducing the divorce evil is the upbuilding of a deeper and more conscientious interest in the home and its occupants.—Detroit Free Press.

The Perfect Woman Milly—I suppose your idea of a CATARRHAL DEAFNESS MAY BE OVERCOME

If you have Catarrhal Deafness or are even just a little hard of hearing or have head noises or a ringing in the ears, get one ounce of Parmitin, (double strength), and add to it 1/2 pint of hot water and a little granulated sugar. Take 1 tablespoonful four times a day.

This will often bring quick relief from the distressing head noises. Stagnated nostrils should open, breathing become easy and the mucus stop dropping into the throat. It is easy to prepare, costs little and is pleasant to take. Any one losing hearing or who has Catarrhal Deafness or head noises should give this prescription a trial.

Sealdsweet oranges and grapefruit are tree-ripened

The co-operating growers of Florida who produce these delicious food-fruits are pledged to allow them to remain on the trees until fully matured.

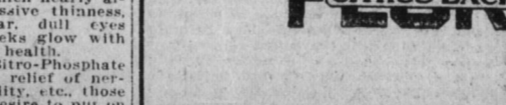
In the mellow sunshine the health-giving juice stored and sealed in the superior Sealdsweet citrus fruits becomes full-flavored, sweet and good, so they need little if any sugar.

Sealdsweet oranges and grapefruit are thin-skinned, and the tender pulp is filled with fruit-nectar, extracted from sun and soil and rain and dew, by Nature's inimitable processes.

The Florida Citrus Exchange, an organization of thousands of growers, sells Sealdsweet oranges and grapefruit to wholesale fruit houses that in turn supply retail dealers. Your fruit dealer or grocer can furnish you Sealdsweet fruits and will do so if you insist.

This is the second in a series of eight advertisements, each emphasizing one of the points of superiority of Sealdsweet oranges and grapefruit—the third will appear in this space one week from today.

To get all the good of a Florida orange, extract and drink the juice. First cut in half, crosswise, preferably using a sharp-pointed knife. Then squeeze out the juice, with a glass fruit squeezer, serving from glass, granite or earthenware containers—never use tin.



Cutting Oranges.

THIN PEOPLE SHOULD TAKE PHOSPHATE

Nothing Like Plain Bitro-Phosphate to Put on Firm, Healthy Flesh and to Increase Strength, Vigor and Nerve Force

Judging from the countless preparations and treatments which are continually being advertised for the purpose of making thin people fleshy, developing arms, necks and bust, and replacing ugly hollows and angles by the soft curved lines of health and beauty, there are evidently thousands of men and women who keenly feel their excessive thinness.

Due to starved weakness are often thinness and emaciation. Our bodies need more phosphate than is contained in modern foods. Physicians claim there is nothing that will supply this deficiency so well as the organic phosphate known among druggists as bitro-phosphate, which is inexpensive and is sold by most all druggists under a guarantee of satisfaction or return of money.

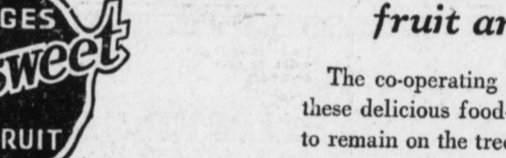
The body cells with the necessary phosphoric elements, bitro-phosphate should produce a welcome transformation in the appearance; the increase in weight frequently being astonishing.

Increase in weight also carries with it a general improvement in the health. Nervousness, sleeplessness and lack of energy, which nearly always accompany excessive thinness, should soon disappear, dull eyes brighten and pale cheeks glow with the bloom of perfect health.

CAUTION—While Bitro-Phosphate is unsurpassed for the relief of nervousness, general debility, etc., those taking it who do not desire to put on flesh should use extra care in avoiding fat-producing foods.

Free Book: "Florida's Food-Fruits." The above is one of the scores of recipes contained in book, "Florida's Food-Fruits," free copy of which you may secure from your dealer or by writing for it to the Florida Citrus Exchange, 631 Citizens Bank Building, Tampa, Fla.

Sealdsweet Shortcake Prepare some Sealdsweet grapefruit and orange pulp free from membrane; mix in the proportion preferred and add sugar to taste. Have ready a sponge-cake baked in a round, deep tin and split or baked in two layers. Spread half the fruit mixture on one layer; add the second layer on top; place on this the remainder of the pulp and serve. The fruit for the top layer should be, preferably, removed in unbroken sections, with grapefruit and orange alternated in arrangement.



Sealdsweet Shortcake

Prepare some Sealdsweet grapefruit and orange pulp free from membrane; mix in the proportion preferred and add sugar to taste. Have ready a sponge-cake baked in a round, deep tin and split or baked in two layers. Spread half the fruit mixture on one layer; add the second layer on top; place on this the remainder of the pulp and serve. The fruit for the top layer should be, preferably, removed in unbroken sections, with grapefruit and orange alternated in arrangement.

Free Book: "Florida's Food-Fruits." The above is one of the scores of recipes contained in book, "Florida's Food-Fruits," free copy of which you may secure from your dealer or by writing for it to the Florida Citrus Exchange, 631 Citizens Bank Building, Tampa, Fla.

To get all the good of a Florida orange, extract and drink the juice. First cut in half, crosswise, preferably using a sharp-pointed knife. Then squeeze out the juice, with a glass fruit squeezer, serving from glass, granite or earthenware containers—never use tin.



Cutting Oranges.

Sealdsweet oranges and grapefruit are thin-skinned, and the tender pulp is filled with fruit-nectar, extracted from sun and soil and rain and dew, by Nature's inimitable processes.

The Florida Citrus Exchange, an organization of thousands of growers, sells Sealdsweet oranges and grapefruit to wholesale fruit houses that in turn supply retail dealers. Your fruit dealer or grocer can furnish you Sealdsweet fruits and will do so if you insist.

This is the second in a series of eight advertisements, each emphasizing one of the points of superiority of Sealdsweet oranges and grapefruit—the third will appear in this space one week from today.

To get all the good of a Florida orange, extract and drink the juice. First cut in half, crosswise, preferably using a sharp-pointed knife. Then squeeze out the juice, with a glass fruit squeezer, serving from glass, granite or earthenware containers—never use tin.

Cutting Oranges.

Recipe For a Mild Laxative Cough Syrup

Made With Simple Sugar Syrup and Mentho-Laxene in About Five Minutes

Make a syrup with a pint of sugar and a half pint of boiling water, cool and pour into a bottle or jar. Then add the contents of a 2 1/2 oz. bottle of Mentho-Laxene, shake well, and take a teaspoonful four to eight times a day for head or chest colds, coughs, bronchitis, whooping cough or catarrh of head and throat.

Actually, the very first dose will show you the wonderful virtues in Mentho-Laxene. It is penetrating, healing, soothing and curative to a greater extent than anything ever discovered. Children like it and adults use it from Maine to California. Physicians prescribe it, hospitals use it, and why should not you enjoy the benefits of a cheap, homemade remedy, free from narcotic, sickening drugs? Ask your druggist for Mentho-Laxene and insist on getting it, for it is guaranteed to please every purchaser or money back by The Blackburn Products Co., Dayton, Ohio.—Adv.

Sealdsweet oranges and grapefruit are tree-ripened

The co-operating growers of Florida who produce these delicious food-fruits are pledged to allow them to remain on the trees until fully matured.

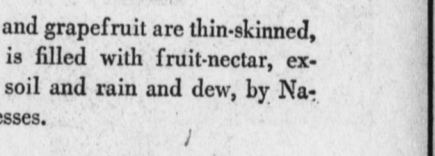
In the mellow sunshine the health-giving juice stored and sealed in the superior Sealdsweet citrus fruits becomes full-flavored, sweet and good, so they need little if any sugar.

Sealdsweet oranges and grapefruit are thin-skinned, and the tender pulp is filled with fruit-nectar, extracted from sun and soil and rain and dew, by Nature's inimitable processes.

The Florida Citrus Exchange, an organization of thousands of growers, sells Sealdsweet oranges and grapefruit to wholesale fruit houses that in turn supply retail dealers. Your fruit dealer or grocer can furnish you Sealdsweet fruits and will do so if you insist.

This is the second in a series of eight advertisements, each emphasizing one of the points of superiority of Sealdsweet oranges and grapefruit—the third will appear in this space one week from today.

To get all the good of a Florida orange, extract and drink the juice. First cut in half, crosswise, preferably using a sharp-pointed knife. Then squeeze out the juice, with a glass fruit squeezer, serving from glass, granite or earthenware containers—never use tin.



Cutting Oranges.

Sealdsweet oranges and grapefruit are thin-skinned, and the tender pulp is filled with fruit-nectar, extracted from sun and soil and rain and dew, by Nature's inimitable processes.

The Florida Citrus Exchange, an organization of thousands of growers, sells Sealdsweet oranges and grapefruit to wholesale fruit houses that in turn supply retail dealers. Your fruit dealer or grocer can furnish you Sealdsweet fruits and will do so if you insist.

This is the second in a series of eight advertisements, each emphasizing one of the points of superiority of Sealdsweet oranges and grapefruit—the third will appear in this space one week from today.

To get all the good of a Florida orange, extract and drink the juice. First cut in half, crosswise, preferably using a sharp-pointed knife. Then squeeze out the juice, with a glass fruit squeezer, serving from glass, granite or earthenware containers—never use tin.



Cutting Oranges.

Sealdsweet oranges and grapefruit are thin-skinned, and the tender pulp is filled with fruit-nectar, extracted from sun and soil and rain and dew, by Nature's inimitable processes.

Cutting Oranges.