

VALUABLE ADVICE IN CATCHING



John Kling, Catcher for Champion Cubs.

John Kling, the Cubs' famous catcher, still receives credit for knowing all of the fine points behind the bat. Kling was asked the other day to give a talk on the scientific methods employed in baseball, and this is what he said:

"When I was a pitcher in semiprofessional teams around Kansas City I lost many games by trying to do too much, by throwing too often and by wearing myself out by wasted efforts. I was a failure as a ball player in several towns before experience taught me that one play at the right instant is worth ten at any other time.

"When I began catching one of the first things I learned was that the catcher can break up a team quicker than anyone else can. He need not even make an error to do it. One of the easiest ways to lose a game is for the catcher to throw too much. He may throw perfectly, and yet by keeping the infield moving and out of position, expecting his throws and studying him instead of watching the batter he may cause the game to be lost.

"My idea has been to make plays when they count and not to use too

many signals. The infielders have a lot to watch and if the catcher keeps them watching him all the time he takes their minds off the other duties and causes them to make blunders.

"First and foremost in importance in winning is that the catcher never shall make or attempt to make any play, especially a throw, unless absolutely certain that the other men in the play have caught the signal, understand what is to be attempted and are prepared to make the play with him.

"A bad first baseman or one in whom the others have no confidence makes bad throws of all. I believe in helping umpires and doing all I can to make their work easier. If they are let alone and not nagged at their work is much more satisfactory. I am not put out of ball games, I take as much interest as anybody, but I cannot see the use of kicking on decisions."

No International Track Meet.
English authorities say there will be no meeting between the Oxford-Cambridge and combined Harvard-Yale track and field teams this year.

SLOW CALL THING OF PAST

Christy Mathewson Says Style of Pitching Has Undergone Change in Fast Company.

Christy Mathewson is of the opinion that the day of the slow ball pitcher in fast company is a thing of the past.

"When I broke into the big league," said Christy the other day, "Wid Mercer, Clarke Griffith, Red Donohue and other pitchers were getting away with their games and each one was depending upon a slow ball to a large extent. Billy Reidy and Dusty Rhoades followed them, but look over the list of pitchers in the two big leagues today and you will not find a single pitcher who is noted for his slow ball. There may be some who have a flatter in their repertory, but they do not depend upon it to any extent.

"Today the big league pitcher must have speed. The majority of the big league pitchers are large men, but large or small, they must be able to put steam on the ball or they go back to the minors. In fact, when a big league scout reports some minor leaguer to his employer, the first question that the latter asks is: 'Has he any smoke?'

"I have reasoned it out that the slow ball pitcher scarcely ever won his games by small scores and the clubs in the days when slow ball pitchers thrived generally had a lot of batters who won their games by big scores. It did not cause much damage if five or six runs were scored against a club that owned a slow ball pitcher if that team was able to go out and score seven or eight runs. But nowadays the scores are smaller and the man with the flatter finds it difficult to stand the pace."

HAS BIGGEST BASEBALL HAND

Mike Kahoe, Scout for Washington Team, Says Eddie Ainsmith Will Be Greatest Catcher.

Eddie Ainsmith, the Nationals' young catcher, who is attracting so much attention by his brilliant work, and who bids fair to be the sensation of the American league this season, carries around with him the largest pair of hands known to baseball.

So big are Ainsmith's bread hooks that he cannot buy gloves to fit, and during the cold days in Cambridge, Mass., he is forced to don mittens.

The digits on Ainsmith's throwing hand are badly twisted and look like branches of a gnarled oak, but he is not handicapped in the least, and claims that this misshapen bunch of fives does not bother him in throwing to bases.

It has been said that Frank Bowerman of the New York Giants had only to hold up both hands and one might see the complete deaf and dumb alphabet there. According to the veteran, Mike Kahoe, Ainsmith's hands are almost twice the size of Bowerman's, and the scout also declares that in two years the former will be the greatest backstop known to organized baseball.

ATTELL WILL HAVE TO REST

Injury to Shoulder of Featherweight Champion May End His Long and Brilliant Career.

Abe Attell, the featherweight champion, who suffered another injury to his left shoulder in his bout with Frankie Burns in New York recently, has been ordered by his physicians not to fight again for at least six months and probably for a year. There is a possibility that the arm is so badly injured that Attell will never be able to return to the prize ring.

Enforcement of retirement for a year means a loss of from \$30,000 to \$50,000 to the fighter, who had topped out a busy campaign. One of his first matches was to have been with "Knockout" Brown, whom Manager Danny Morgan promised to send against the little champion as soon as possible.

NATIONAL GAME IS BARRED

Baseball Placed Under Ban and Football Likely to Meet Same Fate at Stanford University.

President David Starr Jordan, of Stanford university, has issued an order that the committee on athletics abolish intercollegiate baseball.

To the further discomfiture of the college athletes, Dr. Frank Angell, chairman of the Stanford committee on athletics, says that in all probability both baseball and football, as intercollegiate sports, will be done away with at Stanford.

Dr. Jordan witnessed one of the games of baseball between Stanford and the University of California recently, and became highly indignant at what he termed "systematic muckering," as manifested by the raucous joshing of pitchers and other players from the grandstand, the bleachers and the field itself. Dr. Jordan states that the players were called more different names than he thought could be contained in any lexicon, and that they were harsh and coarse.

Stone Back in the Minors.
Owner Charles S. Havenor, of the Milwaukee American association baseball club, announced the signing of Outfielder George Stone, former leading batsman of the American league.

HAS BIGGEST BASEBALL HAND

Mike Kahoe, Scout for Washington Team, Says Eddie Ainsmith Will Be Greatest Catcher.

Eddie Ainsmith, the Nationals' young catcher, who is attracting so much attention by his brilliant work, and who bids fair to be the sensation of the American league this season, carries around with him the largest pair of hands known to baseball.

So big are Ainsmith's bread hooks that he cannot buy gloves to fit, and during the cold days in Cambridge, Mass., he is forced to don mittens.

The digits on Ainsmith's throwing hand are badly twisted and look like branches of a gnarled oak, but he is not handicapped in the least, and claims that this misshapen bunch of fives does not bother him in throwing to bases.

It has been said that Frank Bowerman of the New York Giants had only to hold up both hands and one might see the complete deaf and dumb alphabet there. According to the veteran, Mike Kahoe, Ainsmith's hands are almost twice the size of Bowerman's, and the scout also declares that in two years the former will be the greatest backstop known to organized baseball.

SPEAKER IS BEST FIELDER

Boston Fans, Who Are Well Informed, Claim Texas Is Greatest of All in Center Garden.

Boston baseball fans, the best informed and the most discriminating, say Tris Speaker is the best center fielder in the world.

He is seen every day in center field making difficult fly balls look easy, running like a grayhound into the right fielder's or left fielder's territory, and we see him at the plate swinging his bat nonchalantly, eyeing the pitcher like a hawk and waiting for him to send up the kind of ball he is waiting for; but the public never gets very close to a ball player—never knows what kind of a man he really is.

Tris Speaker is a Texan. How did he come by the name of Tris? He was asked the question.

"Oh, I don't know," he replied; "they just call me that."

Speaker is twenty-eight years old, weighs 180 pounds and stands 5 feet 11 inches high. He has the rough complexion of one who has spent most of his life in the open air. He has heavy, muddy, bloodshot eyes, not the kind one would imagine could pick out a good ball and paste it to the far corner of the field, or could start after the ball at the crack and judge to an inch where that ball is going to land.

He has a voice like rumbling thunder, and his softest words sound like the growl of a mastiff. He has large, powerful hands, freckled.

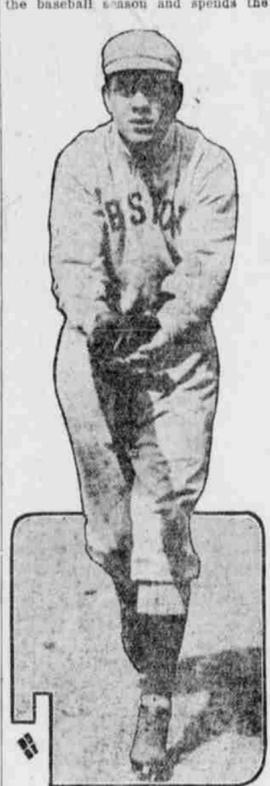
Speaker lives in winter in Hubbard City, Tex., which is not a city at all, but a small post village near Dallas, having a population of 894 in summer and 895 when Speaker is there.

He goes back home at the close of the baseball season and spends the

many signals. The infielders have a lot to watch and if the catcher keeps them watching him all the time he takes their minds off the other duties and causes them to make blunders.

"First and foremost in importance in winning is that the catcher never shall make or attempt to make any play, especially a throw, unless absolutely certain that the other men in the play have caught the signal, understand what is to be attempted and are prepared to make the play with him.

"A bad first baseman or one in whom the others have no confidence makes bad throws of all. I believe in helping umpires and doing all I can to make their work easier. If they are let alone and not nagged at their work is much more satisfactory. I am not put out of ball games, I take as much interest as anybody, but I cannot see the use of kicking on decisions."



Tris Speaker.

first few weeks hunting, and then turns to the cattle industry. He is a regular Texas cowboy in the saddle, and can do as much with a horse as he can with a baseball bat.

Sporting Gossip.

Louisville has released Pitcher Powers to Columbus, S. C.

Baseball's "bad boys" are gradually dropping out of the game. Managers will not waste their time on the loose livers.

Comiskey says Jimmy Callahan is the "wonder of the decade," that Cal has come back with a vengeance, good as ever.

"Buck" Freeman, the home-run kid from Boston, is still in the game and will manage a team in the Northwest circuit.

Eugene Sampson, pitcher and captain of Westminster college last year, has accepted terms with the Philadelphia National league team.

Clark Griffith, like Bobby Wallace, is said, wants no more of Hot Springs as a training camp and the Reds may go into Texas next spring probably to San Antonio.

John Ganzel is to make his permanent home in Rochester. He has bought a lot in an aristocratic residence section and is now building a house that will cost him \$10,000.

George McQuillen's brother, Earl, has signed with Aurora in the Wisconsin-Illinois league. He is also a pitcher and hopes some day to be as famous as the Cincinnati flinger.

Engle is the handy man in the Boston Red Sox this year. He has been switched from one place to another on the infield all spring and has been delivering the goods all the time.

Mrs. Britton, the new owner of the Cardinals, says she will continue to hold her interests in the St. Louis team, and will cater to women fans. The bar has been eliminated from the park.

About the last thing Harry Stein field did with the Cubs before Manager Chance broke the news to him that he was in the discard was to hit a home run drive in the exhibition game played at Evansville.

President Comiskey of the White Sox has bestowed upon Harley Parker of the Grand Rapids club, these three players: Chief Chouanoux, the Indian pitcher; Robert Greenleaf, a semi-pro twirler, and Outfielder Kander.

Temperance

PLACE INEBRIATES ON FARMS

Medical Authorities Are Unanimous in Their Belief of the Colony Treatment of Drunkards.

A new method of handling the problem of drunkenness is set forth in The Survey. While it is undoubtedly a suggestion of the right kind for the relief of individual cases of drunkenness it would appear to the casual observer that too much of our effort and time and money are spent in the attempt to repair the damage which we ourselves permit by licensing the public drinking saloons. There is one thing better than to lift a man out of the gutter—that is to remove the gutter. We are dealing too largely with effects and not with causes.

Inebriety is the source of many of the most important problems of government. Recent figures show that 28.9 per cent of the male cases of insanity in New York are due to excessive use of alcohol. In Pennsylvania 41 per cent of the imbeciles owe their condition to intemperance, 30 to 40 per cent of epileptic cases have their origin in alcoholism. The report of the Board of Prison Commissioners of Massachusetts for 1908 states that 56,365, or 69 per cent of the total arrests were made for public intoxication. Drunkenness as a cause of poverty is continually noticed in every-day life.

The use of the short sentence is absolutely ineffective. A man leaves the county jail or workhouse without money and in most cases without friends. He can secure shelter in a saloon and probably by performing menial service for the bartender get a drink. This is the most natural thing for him to do. The alcoholic repeater is the natural result of the short sentence.

The number of persons who appear again and again for drunkenness is alarming. In one case, a man now 51 years of age has been in the workhouse 62 separate times. He has spent 2,163 days there at a total cost for maintenance alone of \$1,868.53. Another case has been in the workhouse 54 different times, in the alcoholic wards of a city hospital 21 times, in the municipal lodging house twice, in the almshouse once and in two other hospitals two times each. He has spent a total of 1,943 days in these various places at a total cost of \$1,323.12. Still another case, a man about 55 years of age, has been in the workhouse, almshouse, or hospitals 71 times or a total of 5,884 days at a total cost of \$2,492.37. In Utica, N. Y., one person has appeared before the police court at least 150 times for public intoxication.

There is substantial unanimity as to the general lines along which changes should be made. A graded series of remedies is needed. First offenders should be released without their appearance in court. For the next grade of cases probation should be tried and a fine imposed to be collected in installments. More serious cases should be committed to a farm colony. To carry out this plan involves extending greatly the principle of probationary oversight of petty offenders. This principle is comparatively recent in application but the results are so satisfactory that it has passed the experimental stage.

Seven states provide for the commitment of habitual drunkards on the petition of relatives accompanied by proper medical certification. When a man has completely lost his self-control and is a constant burden to his family, it should not be necessary for him to become so obnoxious to the community as to incur arrest for disorderly conduct before he can be committed to an institution.

Medical authorities are unanimous in their belief in the farm colony treatment. The prime necessities are: isolation from alcohol for a continuous period of time, abundance of light and fresh air, therapeutic baths and as much outdoor work as the patient is capable of physically. Not all cases of inebriety, however, can be treated alike. Physical differences due to the stage of the disease require classification and diversified treatment. Incipient and advanced cases cannot be treated together.

The advantage of such colonies are that a large number of rounders would be taken from the streets, courts, prisons, workhouses, and hospitals. Many cases that are a constant menace to society would be removed. Families that are burdened by caring for fathers and brothers who are habitually drunk would be relieved. But most important the individual would be isolated from alcohol and placed in a healthful environment and helped to lead a wholesome and partially self-supporting life.

Temperance Is Christianity.
"From the first, even when most of the churches were as yet hostile, the temperance movement has been a religious movement, deriving its power from a strong faith in God and the belief that the movement was fulfilling His purpose in the moral upbuilding of His children, and in the removal from their path of avoidable temptations. Temperance work is practical Christianity. No other phase of Christian work is so immediately effective on life and character, so helpful in removing temptation, in developing self-control, and thus preparing the soul for deeper religious experiences.—H. G. Chancellor, M. P.

It Looks Like Fraud.
Where is the man who would like to marry a woman who chews tobacco drinks whisky or uses profane or vulgar language? And yet many a man who indulges in all of these nasty vices and vices will impose himself upon a pure and lovable woman as proper material for a decent husband. Does he not thereby commit a felony like that of obtaining goods under false pretenses, and ought he not to be arrested and punished as a fraud.—Better Times.

IS PUT ON PROBATION

AMERICAN WIFE FAILS TO PASS THROUGH HEAVEN'S GATE.

St. Peter Is Too Well Posted on the Way She Has Conducted Her Household and Spent Her Time.

"Next!" called St. Peter.

A tall, comely woman arose from the bench and came forward graciously. She was dressed rather for style than for comfort. Her clothes rustled vulgarly and her hair was manifestly different from what God intended it to be.

"Name, please."

"I am the American Wife."

"Are you sure?"

"Here is my marriage certificate."

"I mean are you sure you have been a wife?"

"As to that, I—"

"What do you understand the qualification of a wife to be?"

"To take charge of the household and—"

"And do as little as possible in it, eh?"

"But you could not expect me to do the heavy work, could you?"

"You expected other women to do the heavy work?"

"Servants. They are a different class."

"And you were peevish when they didn't do it just so?"

"But—"

"And you were always complaining that things weren't going right?"

"Let me—"

"And when your husband came home at night he had to hear all your little ailments, physical, mental, domestic and social."

"But, don't you—"

"Your idea all the time being to divorce yourself—"

"From real usefulness of all kinds in order that you might engage in the most trifling occupation."

"Don't you think a woman should have some pleasure in life?"

"Sitting around the bridge table or at the matinee and eating rich food until you get fat and then haunting beauty doctors until you get thin. Wasn't that your highest ideal of pleasure?"

"I went to clubs and to church."

"To show your clothes."

"I had children."

"But you found it a terrible nuisance to take care of them."

"I could afford to hire nurses and governesses."

"But you couldn't afford to give them any of your own very valuable time."

"But my husband didn't want me to work myself to death."

"No, of course not. It is no better to work yourself to death than to loaf yourself to death. But, after all, your husband has nothing to do with it. We'll deal with him separately. You had your own life to live. His being foolish doesn't excuse you."

The American Wife burst into tears as she saw her chance of heaven fading away.

"Here, none of that," commanded Saint Peter. "Tears have no effect on us." Then he turned to his clerk.

"Clerk, get this woman a gingham apron and set her to work peeling potatoes and other odd jobs. Let me see her again in about six months."

When Lovely Woman Phones.

"Business will be held up in this drug store for the next ten minutes," growled the impatient man. "Even the prescription clerk is holding his breath. Two good-looking women are getting ready to use the telephone. That is why. When a handsome woman talks over an open telephone everybody within earshot takes a vacation and listens. A plain woman might talk half a day and nobody would pay any attention, but a good-looking woman at a public telephone draws a bigger crowd than the president of the United States. Everybody takes it for granted that she is going to say something worth hearing and they become vitally interested."

"If you are in such a big hurry," said the impatient man's companion, "why don't you go down street and attend to that other errand while they are putting up your prescription here?"

"Oh, no," said he, "I want to hear, too."

Passing of Prong-Horned Antelope.

The prong-horned antelope, an animal peculiar to North America, is in danger of extinction. This antelope, which has so many peculiarities that naturalists class it in a family by itself, once existed by thousands on the open western plains. The naturalists of the country fear its absolute extinction in the near future unless protection is given to the few remaining.

In 1908 the biological survey estimated that the total number of antelopes in the United States had been reduced to 17,000. Of these about 10,000 were in Montana, Wyoming and the Yellowstone National park, and the remaining 7,000 were distributed in 12 other states.

Reform That Failed.

"Has the reform element ever had any success in this town?"

"Not to speak of. We elected a reform candidate once, but when he tried to carry out the provisions of his platform the bum element ducked him in a goose pond back of town, so he resigned and we've sort of been running along on the old lines ever since."

Why He Tarries.

"Why is your friend staying so long in New York?"

"I don't know—haven't heard which of the two reasons is keeping him."

"Which of the two?"

"Yes; whether he is having to good a time to come away, or has spent all his money and can't go away."

New York Needs Much Food.
New York city keeps 2,000,000 persons busy supplying its inhabitants with food.

The ONLOOKER
by WILBUR D. DEEBIT

He Needs the Exercise



He hires a man to shovel coal. And keep his furnace burning right. The while he has a worried soul. Because he has no worried soul. "I'm growing stale," he sighs each day. "The wrinkles come beneath my eyes." His Indian clubs he then will away. Because he needs some exercise.

He hires a man to shovel snow. When on the walks 'tis drifted deep—"Ah, my vitality is low." He says, as though about to weep. "To stradden out his nervous kinks. And know as an athletic star." And then he nearly breaks his back Upon a horizontal bar.

He hires a man to mow his grass. Because such work is far too hot—"I'm getting pannelled, alas!" He grumbles, "Would that I were not!" And then he pays a sturdy foe. For a physician's solemn talk. Then o'er the country roads he sees Our worthy friend out for a walk.

He hires a man to wield the hoe. Within his garden, and to spade—"I'm all run-down," he says, "and oh, I'm far too nervous, I'm afraid." His doctor tells him what to do. To stradden out his nervous kinks. And every day he heaves in view Upon the long and tiresome links.

The furnace man is in good trim. The man who shovels snow is fine. The gardener has life and vim. The grass-man shows no nervous sign. And yet our friend would say "Poo-hoo!"

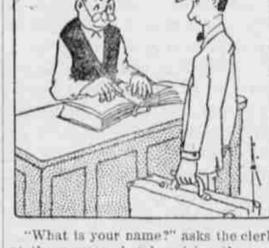
And let his angry passions rise If in our wisdom I or you Should recommend their exercise.

Up to the Times.

The commencement exercises of the Gransville academy were in progress. Miss Tessie Jones had just finished reading her composition on "Rome Was Not Built in a Day," and the quartette was stepping forward to render "Come Where the Lilies Bloom," when the principal of the academy arose and announced:

"I beg to call your attention to a correction that should have been made in the program. Miss Artemisia Holbrook's essay was originally entitled 'Beyond the Alps Lies Italy,' but she has changed it to 'Through the Simion Tunnel Lies Italy.' The quartette will now sing."

When Arrested.



"What is your name?" asks the clerk at the summer hotel, poisoning the pen over the register.

"O. B. Sportleigh," answers the arrival.

"But your full name? We make it a custom to register our guests by their full names. It looks more distinguished."

"Full name? In a case like that they always put me down as plain John Doe."

Out for the Dust.

"I would suggest," says the family adviser to the heirs, "that you all share the expense of a memorial tablet to your late uncle."

"Good idea," agreed the spokesman.

"Say a neat bronze has relief bearing the words: 'Here Rests the Dust of Ebenezer Flinthart, Until the Last Great Day.'"

"Not much," objects the spokesman. "In the first place, that would look funny over a bank vault, and in the next place, we aren't going to let the dust stay there long."

Had an Incentive.

"I think it is perfectly noble of the hero to rush into the midst of the fight and rescue the captive maiden. And he does it all unexpectedly and without being called upon, too. It is just splendid."

"Oh, I don't know. Almost any man would be willing to do that for \$500 a week and a private car between stands."

Another Perspective.

"Who is that homely girl?" asked Coinchaser.

"That's Miss Eyrass, who has just fallen heir to two millions," answered Miss Newsgive.

"Hum! As I was about to say, she has a good figure."

Could Renew His Stock.

"You must be glad to see summer coming again," we say to the alrship inventor. "No doubt the winter season has hampered your efforts."

"Yes, indeed," he replies. "I find that I am almost out of hot air."

Wilbur D. Deebit.

CURE THAT CATARRH

Our climate with its sudden changes is conducive to catarrh—which is a chronic inflammation of the mucous membrane surface of head—nose or throat.

One month's local treatment with Paxtine Toilet Antiseptic will convince the most skeptical that Paxtine is not a palliative but a specific for all catarrhal conditions.

Paxtine is a perfectly harmless antiseptic and germicide in powder form which contains all of the antiseptic qualities of liquid antiseptics, but with other valuable cleansing, germicidal, and healing ingredients added.

Just a little in a glass of water as needed—used as a spray and gargle, will not only remove the accumulated secretions, but heals the inflammation, destroys the germs of disease, and dispels the disagreeable odor caused by chronic catarrh.

For sale at all druggists, 25c a box, or postpaid upon receipt of price. The Paxton Toilet Company, Boston, Mass. Send for a free sample.

Churches and Tuberculosis.

Statistics showing how serious a problem tuberculosis is to the ordinary church congregation have been issued by the National Association for the Study and Prevention of Tuberculosis. From reports received from over 725 churches, with a membership of over 312,000 communicants of twenty denominations, and from 204 cities and towns in 12 states in various parts of the country, out of nearly 7,000 deaths in 1910, over 700 or 10 per cent, were caused by tuberculosis. This means 2.24 deaths for every thousand members or communicants. While the percentage of deaths from tuberculosis compared with other diseases is not higher in the churches according to these figures, than in the country at large, the tuberculosis death rate, as shown by the church returns, is higher per thousand communicants than that for the general population in the registration area of the United States, which the census bureau gave as 1.67 in 1909.

Subject to Restrictions.

"I was cleanin' fo' a new lady la' week an' de dirt in her kitchen was a sight, po' thing," said Ross, Mrs. Prazzer's dark-skinned charwoman.

"But why did she let it get like that?" asked the lady.

"I dunno, ma'am. Guess she never seen it. Some cooks, you know, is mighty part'lar 'bout 'lowin' de madam in de kitchen. Dey jes' take dere orders from her upstairs an' she don't have no call to go into de kitchen at all."

Happy Family.

Mrs. Scraggington (in the midst of her reading)—Here is an account of a woman turning on the gas while her husband was asleep and asphyxiating him!

Mr. Scraggington—Very considerate of her, I'm sure! Some wives wash their husbands up, and then talk them to death.—Pack.

Important to Mothers.

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Fletcher* In Use For Over 30 Years. Children Cry for Fletcher's Castoria

Confirmed.

Randall—Has a reputation for bragging, has he?

Rogers—Yes, with every one who has been his wife.—Life.

For COLDS and BRUISES.

Hicks' CAMPHOR is the best remedy for relieving the aching and feverishness of colds and restores normal conditions. Its liquid effects immediately. 10c, 25c, and 50c at drug stores.

Consistent.

He—I was born on the second of April.

She—Late—as usual.—Life.

For your own sake, don't read until it happens.

It may be a headache, toothache, earache, or some painful ailment. Hamlin's Wizard Oil will cure it. Get a bottle now.

You are not responsible for the disposition you were born with, but you are responsible for the one you do with.—Hancock.

Facts About Motherhood

The experience of Motherhood is a trying one to most women and marks distinctly an epoch in their lives. Not distinctly an epoch in a hundred years, but a period in which a woman is prepared to understand how to properly care for herself. Of course nearly every woman nowadays has medical treatment at the time of child-birth, but many approach it with an organism unfitted for the trial of strength, and when the strain is over her system has received a shock from which it is hard to recover. Following right upon this comes the period of strain of caring for the child, and a distinct change in the mother results. There is nothing more charming than a happy and healthy mother of children, and indeed child-birth under right conditions need be no hazard to health or beauty. The unexplainable throes that, with all the evidence of shattered nerves and broken health resulting from an unprepared condition, women will persist in going blindly to the trial. It isn't as though the experience came upon them unawares. They have ample time in which to prepare, but they, for the most part, trust to chance and pay the penalty.

In many homes once children there are no more children because of the fact that Lydia E. Pinkham's Vegetable Compound makes women normal, healthy, and strong.

Any woman who would like special advice in regard to this matter is cordially invited to write to Mrs. Pinkham at Lynn, Mass. Her letter will be held in strict confidence.