

# WOMEN OF MIDDLE AGE

## Need Lydia E. Pinkham's Vegetable Compound

Brookfield, Mo.—"Two years ago I was unable to do any kind of work and only weighed 118 pounds. My troubles dates back to the time that women may expect nature to bring on them the Change of Life. I got a bottle of Lydia E. Pinkham's Vegetable Compound and it made me feel much better, and I have continued its use. I am very grateful to you for the good health I am now enjoying."—Mrs. SARAH LOUISIGNON, 414 S. Livingston Street, Brookfield, Mo.

The Change of Life is the most critical period of a woman's existence, and neglect of health at this time invites disease and pain.

Women everywhere should remember that there is no other remedy known to medicine that will so successfully carry women through this trying period as Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs.

For 30 years it has been curing women from the worst forms of female ills—inflammation, ulceration, displacements, fibroid tumors, irregularities, periodic pains, backache, and nervous prostration.

If you would like special advice about your case write a confidential letter to Mrs. Pinkham, at Lynn, Mass. Her advice is free, and always helpful.



## For Lame Back

An aching back is instantly relieved by an application of Sloan's Liniment. This liniment takes the place of massage and is better than sticky plasters. It penetrates—without rubbing—through the skin and muscular tissue right to the bone, quickens the blood, relieves congestion, and gives permanent as well as temporary relief.

Here's the Proof. Mr. JAMES C. LEE, of 100 9th St., S.E., Washington, D.C., writes: "Thirty years ago I fell from a scaffold and seriously injured my back. I suffered terribly at times; from the small of my back all around my stomach was just as if I had been beaten with a club. I used every plaster I could get with no relief. Sloan's Liniment took the pain right out, and I can now do as much lighter work as any man in the shop, thanks to Sloan's Liniment."

## Sloan's Liniment

Mr. J. P. EVANS, of Mt. Airy, Ga., says: "After being afflicted for three years with rheumatism, I used Sloan's Liniment, and was cured sound and well, and am glad to say I haven't been troubled with rheumatism since. My leg was badly swollen from my hip to my knee. One-half a bottle took the pain and swelling out." Sloan's Liniment has no equal as a remedy for Rheumatism, Neuralgia or any pain or stiffness in the muscles or joints.

Sloan's Liniment, 25c, 50c and \$1.00. Please book on horses, cattle, sheep and poultry sent free. Address: Dr. Earl S. Sloan, Boston, Mass., U.S.A.

## Bad Breath

"For months I had great trouble with my stomach and used all kinds of medicines. My tongue has been actually as green as grass, my breath having a bad odor. Two weeks ago a friend recommended Cascarets and after using them I can willingly and cheerfully say that they have entirely cured me. I therefore let you know that I shall recommend them to any one suffering from such troubles."—Chas. H. Halpern, 114 E. 7th St., New York, N. Y.

Pleasant, Palatable, Potent, Taste Good, Do Good, Never Sickens, Weakens or Grips. 10c, 25c, 50c. Never sold in bulk. The genuine tablet stamped C. C. C. Guaranteed to cure or your money back.

WANTED SECOND-HAND BAGS AND BUL-LAP; any kind, any quantity, anyone to write for prices. RICHMOND BAG CO., INC., Richmond, Va.

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BROWN'S BRONCHIAL TROCHES A convenient and effective remedy for Coughs and Hoarseness. Available in Bronchial and Lung Trochies and in Sings and Speakers for clearing the voice. Bulk prices sent upon request. Price, 25 cents, 50 cents and \$1.00 per box. Sample mailed on request. JOHN L. BROWN & SON, Boston, Mass.



## FOR YOUR GLOVES.

A simple and easy method whereby one's gloves may be made to wear longer is to turn the fingers of gloves, when they are first bought, on the wrong side and stick little strips of court plaster over the seams. This will be good for a long time.—Angela Harrison, in the Farmers' Home Journal.

## A PRETTY CONCEIT.

A pretty conceit is a four-leaved clover in the finger bowl in place of the usual violet or geranium leaf. Some people find these lucky clovers easily. Others look for them in vain. They are said to be more plentiful late in the season after the grass has been cut many times.

A real four-leaved clover on one's note paper has far more character than the conventional decoration bought at a stationer's.—Indianapolis News.

## PLANTS IN BEDROOMS.

Although the presence of plants in sleeping apartments, so long as they are exposed to the action of the sun's light, tends to increase health, owing to the quality of oxygen they exhale, yet at night they should always be removed, as during the darkness they give off, instead of oxygen, carbonic acid gas, which produces the most injurious effect on the system, even when respired only in small quantities. The reason plants produce another effect when exposed to the light than when in darkness has been attributed by Leibig to the chlorophylliferous leaves, when not under the influence of light, allowing the carbonic acid furnished by the roots for the support of the plant to escape.—New York Times.

## THE CARE OF MATTING.

All soaps tend to discolor matting, and even water should be used as sparingly as possible on it. Sweep it with a soft brush and then go over it with a damp cloth to remove dust. Rub any especially soiled spots with a cloth wrung from hot water, and in case oil or grease has been spilled, apply a paste of fuller's earth and water. When it dries lay a paper over it and let it stand a few days, then brush up and the stain will have disappeared. If water is spilled, wipe up as dry as possible and let the windows stay open till it is dry, or if it is too cold or damp, lay a dry cloth over the spot and press with a hot flatiron till dry. When laying matting, paper should always be put underneath to lessen the wear. They should be cut long enough to admit of the ends being turned under, and when a half width is used that side should be bound and placed next to the wall. Old window shades make excellent binding. Sometimes matting is sewed together instead of each strip being laid separately, but it will not fit the floor as smoothly as when the edges just meet and are joined with double-pointed tacks. Matting should never be lapped. The best grades are very soft and beautiful and wear almost as well as a carpet, but cheap matting is so loosely woven and so easily broken that it is dear at any price. It is well when buying to get enough extra for several small rugs. The ends of these may be fringed out, and they can be placed over the spots on the floor where the most wear comes. They are so fine and thin they will be hardly noticed.—Boston Post.



Finnan Haddie—Heat one-half pint of cream; just as it is about to boil, add a teaspoonful of butter and one well-beaten egg; stir continuously until sauce commences to thicken, then add the fish freed of bones and broken in small pieces; season with salt and pepper.

Hamburger Steak—Pat one and one-half pounds of hamburger steak in a frying pan; cover with hot water, add a good-sized onion chopped fine; let simmer for a half hour; season with pepper and salt and a little poultry dressing if liked. If water boils away, add more to keep covered. A few minutes before serving thicken gravy with a little flour.

Cream of Potato Soup—Peel and cook about six medium-sized potatoes, one generous slice of bread, a small onion and a little parsley in two quarts of salted water until all is sufficiently tender to press through a sieve. Add one quart of hot milk palatably seasoned with white pepper and slightly thickened with butter and flour rubbed to a paste.

Indian Squash Pudding—Stir one pint of New Orleans molasses into one quart of scalding hot milk, then add one and one-half pints of stewed squash, the same of Indian meal, one scant tablespoon of ground ginger, the grated rind of one lemon; tie good and tight into your pudding bag, drop into boiling water and boil for four hours. Keep boiling hard every minute of the four hours. Serve with sauce.

## GOVERNMENT IN END TO CONTROL WATER POWER

Consolidation a Preliminary, in Opinion of Geological Survey—Our Country Behind Others.

Consolidation of water-power control in the United States is inevitable, but the ultimate control will be in the hands of the Government. This is the assertion made in a bulletin on the subject just issued by the United States Geological Survey.

Marshall O. Leighton, chief hydrographer of the survey, in a preface to the bulletin, says there is a menace to American industrial leadership in the present situation of American unpreparedness to meet the new questions involved in power development in the United States in connection with the great advance made abroad in this direction.

He said certain great consolidations of water-power interests have taken place during the last few years, which, with the appearance of the names of a few persons among the officers or in the directorate of a large number of water-power companies, point unmistakably to a concentration of ownership in several groups that might consolidate or at least effect a community of interest.

This Nation, he says, now has no water-power policy worthy of the name. It must, therefore, he declares, either meet the situation with some such comprehensive plan as that recommended by President Taft in his conservation message to Congress or else give way to countries which have well defined policies.

Certain European countries, notably Switzerland and Italy, are far ahead of America with respect to the water-power problem, and advanced action in the matter of Federal regulation already has been taken, according to a report in the bulletin from M. Rene Tavernier, Chief Engineer of the Department of Public Works of France. M. Tavernier says that these countries now recognize water power as a public utility.

Leighton urges the need for concerted State or National action. He cited opinions to show the right of the Federal Government to control water power on navigable streams and tributaries and to make charges for water power.

The water-power sites of Europe, he says, are close to the great markets of the world and the cheapest sources of energy are going to be used without reference to any particular flag. He asks if there is any one in the United States so confident of this country's leadership as to assert that the wholesale development of these large and cheap powers will not seriously affect this nation's industrial status.

He ends with the declaration that the solution of the problem lies in legislative regulation of water-power development.

## Billboard Revenues.

One hundred and fifty dollars a month! That is the revenue Los Angeles derives from the myriads of billboards that convert the beauty of the town into ugliness.

Five dollars a day! That is the sum total of the payments made by all the vandals here engaged in the business of desecrating the charming homes of Los Angeles. For that revenue the city bestows its permission on the billboard builders to destroy values in the residence section; to maintain nuisances that are flagrantly objectionable and highly injurious to hundreds and hundreds of men and women who spend time and money and labor in making their homes beautiful. It is an outrage! And it is an outrage against which all the powers of this municipal government should be promptly employed.—Los Angeles Express.

## Eye Strain in School.

A little boy or girl totally blind is an extremely pathetic sight, but next to this is a child wearing spectacles to piece out its defective eyesight. Yet such cases are declared by doctors to be on the increase, and they claim that many of them are caused by the eye strain to which those under ten years of age are subjected in the schools. A number of years ago a crusade was begun against nursemaids, elder sisters and even reckless mothers who would expose babies' eyes to the direct glare of the sun when taking the helpless infants out for an airing in baby carriages. That crusade is by no means ended yet, and many a courageous woman will to-day stop a baby carriage whose occupant's unprotected eyes are being blinded by the sun, and will instruct the attendant to either shut out the light or wheel the carriage in another direction.—Newark News.

## Dutch Bulb Trade.

According to a recently-issued British consular report, the trade in Dutch bulbs continues to increase. There are in Holland 10,000 acres of bulb farms, producing yearly some 15,000 tons of bulbs for export. Nearly half of this comes to the United Kingdom. It is remarkable that the Dutch still maintain their supremacy, and can still produce better bulbs than English florists. Some attribute this to the peculiarity of the soil of Holland, and the bulb farms are mostly on an area between Leyden and Haarlem, recently reclaimed from the sea. The lily bulb trade, however, has passed almost entirely to Spain.

The source of the world's clove supply is Zanzibar and the neighboring island of Pemba.

## Government vs. Brewers.

The biggest brewer in England states that the consumption of beer has decreased in five years by more than 2,000,000 barrels—from 32 to 26 gallons a head of population. His manager says: "The government has made up its mind to damn brewers if possible. We have made up our minds to damn this government; it will be impossible for us ever to pay a dividend so long as we have the legislation the present government wants to force upon us."—New York Press.

## Free to Our Readers.

Write Marine Eye Remedy Co., Chicago, for 48-page Illustrated Eye Book Free. Write all about Your Eye Troubles and they will advise as to the Proper Application of the Marine Eye Remedies in Your Special Case. Your Druggist will tell you that Marine Relieves Sore Eyes, Strengthens Weak Eyes, Doesn't Smart, Soothes Eye Pain, and sells for 50c. Try It in Your Eyes and in Baby's Eyes, for Scaly Eyelids and Granulation.

## Promising Career Cut Short.

The Boston bank clerk who on a \$12 salary gave champagne suppers, carried a "roll" of \$15,000 and displayed other symptoms of budding financial genius has had his career blighted by the failure of the bank to stand the strain. Something has been lost to society by the untimely extinction of this promising youth.—New York World.

Australia will borrow \$5,000,000 for the development of railroads, mines and public works.

## PUTNAM FADELESS DYES

Color more goods brighter and faster colors than any other dye. One box, package colors all dyes. They dye in cold water better than any other dye. You can dye any garment without ripping apart. Write for free booklet—How to Dye, Bleach and Mix Colors. MONROE DRUG CO., Quincy, Illinois.

## "YE EDITOR'S" MARRIAGE.

How the Proprietor of the Clark County Sentinel Announced It.

A. E. Olmstead, who publishes a weekly Democratic paper at the little town of Borden, Ind., and who recently took unto himself a wife, thus narrates the fact in the last issue of his paper, the Clark County Sentinel.

"Mrs. Clark County, widow of the late Francis McKinley, and your humble servant, 'ye editor,' on last Saturday joined partnership in the bonds of matrimony. The new firm will continue the publication of the Sentinel as heretofore, and all bills and accounts, for both advertising and subscription, will be thankfully received and receipted for by either member of the new firm."—Indianapolis News.

## For the Skin and Scalp.

Because of its delicate, emollient, sanative, antiseptic properties derived from Cuticura Ointment, united with the purest of cleansing ingredients and most refreshing of flower odors, Cuticura Soap is unrivaled for preserving, purifying and beautifying the skin, scalp, hair and hands, and, assisted by Cuticura Ointment, for dispelling itching, irritation and inflammation and preventing clogging of the pores, the cause of many disfiguring facial eruptions. All who delight in a clear skin, soft, white hands, a clean, wholesome scalp and glossy hair, will find that Cuticura Soap and Cuticura Ointment realize every expectation. Cuticura Remedies are sold throughout the world. Potter Drug & Chem. Corp., sole proprietors, Boston, Mass. Send to them for the latest Cuticura Book, an authority on the best care of the skin, scalp and hair. It is mailed free on request.

## The Power of Oratory.

Can one imagine a more thrilling and exhilarating pleasure than that of swaying with one's words a listening host of people, warming or cooling their passions, bending their thoughts and wills in the direction of one's own thoughts and will, even as Bryan did at the Chicago convention in 1896? This power has wrought mightily for both good and evil, and it is astonishing that nowadays so few speakers should train themselves to wield skillfully such an effective weapon. Every lawyer, every preacher, every politician, every man, in fact, who has occasion to address audiences, ought to study the technique of oratory so that he can at will, within his own sphere and limitations, interest and persuade his hearers.—Scribner's Magazine.

## Piles Cured in 6 to 14 Days.

Pazo Ointment is guaranteed to cure any case of itching, blind, bleeding or protruding Piles in 6 to 14 days or money refunded, 50c.

## British on Skates.

England, Scotland, Ireland and Wales are all in the throes of an epidemic of the American roller skating rink. In Bristol the rink, which was established under American management in a large building erected for the purpose, paid for itself on the first four months.



FOR MINERS, QUARRYMEN, FARMERS AND ALL MEN WHO DO ROUGH WORK. Light and easily attached. Will pay for themselves several times over. They outlast the shoe. Any cobbler can put them on or your shoe dealer has shoes already fitted with them. Write for booklet that tells all about them. UNITED SHOE MACHINERY CO., BOSTON, MASS.

## Fortune Telling

Does not take into consideration the one essential to woman's happiness—womanly health.

The woman who neglects her health is neglecting the very foundation of all good fortune. For without health love loses its lustre and gold is but dross.

Womanly health when lost or impaired may generally be regained by the use of Dr. Pierce's Favorite Prescription.

This Prescription has, for over 40 years, been curing delicate, weak, pain-wracked women, by the hundreds of thousands and this too in the privacy of their homes without their having to submit to indelicate questionings and offensively repugnant examinations.

Sick women are invited to consult Dr. Pierce by letter free.

All correspondence held as strictly confidential. Address World's Dispensary Medical Association, R. V. Pierce, M. D., President, Buffalo, N. Y.

Dr. Pierce's Great Family Doctor Book, The People's Common Sense Medical Adviser, newly revised up-to-date edition—1000 pages, answers in Plain English hosts of delicate questions which every woman, single or married, ought to know about. Sent free, in plain wrapper with any address on receipt of 21 one-cent stamps to cover mailing only, or in cloth binding for 31 stamps.



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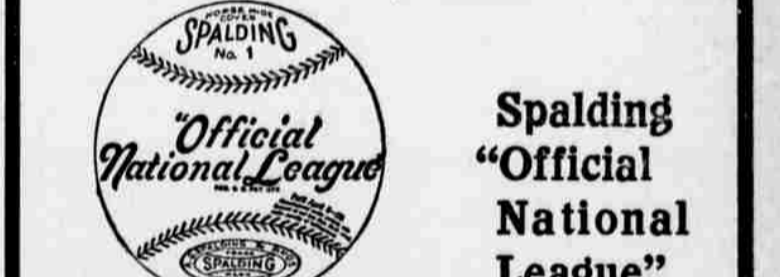
A FLAVOR that is used the same as lemon or vanilla. By dissolving granulated sugar in water and adding Mapleline, delicious syrup is made and a syrup better than maple. Mapleline is sold by grocers. Send 25 stamps for sample and recipe book. Crescent Mfg. Co., Seattle.

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Official Ball of the Game for over Thirty Years

## Boys

Color Cure for Lunacy. Dr. Ponza, director of the lunatic asylum at Alessandria, Italy, has cured many of his insane patients by confining them in rooms of some uniform color. Patients suffering from acute melancholia have become cheerful after confinement in a red room.

In Winter Use Allen's Foot-Ease. The antiseptic powder. Your feet feel uncomfortable, nervous and often cold and damp. If you have sweating, sore feet or tight shoes, try Allen's Foot-Ease. Sold by all druggists and shoe stores, 25 cents. Sample sent free. Address Allen S. Olmsted, Le Roy, N. Y.

No More Ragtime in Parks. Ragtime in the New York parks must go. Mayor Gaynor's new park commissioner has decided that the \$80,000 appropriated each year for park music in Manhattan must hereafter buy music of higher quality than has been the rule under Tammany administration. After a consultation with two well-known orchestra leaders the commissioner decided that the cost for classical music would be no greater than for ragtime and accordingly ruled that the classics must predominate.

Sacred cattle are slaughtered and shipped to Paris to help out the scarcity of beef. In far away Madagascar are great herds, several millions of cousins to India's breed of sacred hump cattle, and the far-seeing French, as protectors of Madagascar, pronounce the meat of these animals equal to beef.

By the old method of salvage the rents and breaks in the hull of the vessel were closed and the water pumped out. By the latest system the ship is rid of water by pumping air into the holds, which floats the vessel.

The city of Winnipeg is literally built over a swamp.

## True Hospitality.

A woman who possesses a charming temper and cordial manners is sure to be popular. Said a witty Boston woman: "I do like to have people behave as if they were glad to see me, whether they are or not. I think a hostess should speak in a pleasant tone, even if she only says, 'My dear Mrs. So-and-So, I am perfectly delighted to see you!' Do sit right down on this bent pin!"—Harper's Bazar.

Itch cured in 30 minutes by Woolford's Sanitary Lotion. Never fails. At druggists. At Freiburg, Germany, is a rose bush bearing 10,000 buds.

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Patents Capitalize your brain. Advise and back of free. Special offers. Personal services. Patents advertised free. R. B. Owen, Washington, D. C. P. N. U. 12, 1910.

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