

Housework Drudgery!

Housework is drudgery for the weak woman. She brushes, dusts and scrubs, or is on her feet all day attending to the many details of the household, her back aching, her temples throbbing, nerves quivering under the stress of pain, possibly dizzy feelings. Sometimes rest in bed is not refreshing, because the poor tired nerves do not permit of refreshing sleep. The real need of weak, nervous women is satisfied by Dr. Pierce's Favorite Prescription, and as Mrs. Briggs and others testify:

It Makes Weak Women Strong and Sick Women Well.
This "prescription" restores the cause of women's weaknesses, heals inflammation and restores vitality, encourages the appetite and induces a restful sleep.



Mrs. BRIGGS.

Dr. Pierce is perfectly willing to let every one know what his "Favorite Prescription" contains, a complete list of ingredients on the bottle wrapper. Do not let any druggist persuade you that his unknown composition is "just as good" as our own. It is not. It is a bigger profit.

Mrs. Briggs writes: "I am a sufferer from constipation, for a long time, and I have taken your 'Favorite Prescription' for a long time, and I am now able to do anything. I think I am safe in saying that there are no remedies in the world like Dr. Pierce's Favorite Prescription and 'Purifying Lotion Tablets.' I am now enjoying the best of health, and thank Dr. Pierce for his wonderful medicine which have done me a world of good."

Dr. Pierce's Pleasant Pellets regulate liver and bowels.

HOME HEALTH CLUB

By Dr. David H. Reeder, Chicago

Liver Trouble:—All that a man bath will be give to have his liver regulated. If you don't believe this is true stop a moment and consider the hundreds of liver regulators that are being offered to the public.

It is said the liver is a much abused organ. An organ will stand abuse about so long then it will cease to functionate—become useless. Nature eliminates a thing when it is no longer of use. If we keep on abusing our livers at the present rate, we will very likely evolve into a race of liverless beings some day.

But seriously, this matter of keeping the liver on the job is an important one. If even a moderate degree of health is to be maintained the liver must perform its duty.

When we get an attack of the blues and the whole seems out of joint and we feel humanity and all of its institutions is going to the Demniton bow-bows, along comes a friend and taps us on the shoulder and says "I say, my friend, your liver is out of order, better do some thing to stir it up, then you'll feel all right." Acting on his advice we do something, and in doing that we not only arouse the liver, but we also arouse the solar plexus, which very likely had been dozing at its post. At any rate this something that we did put us where we could again take a cheerful interest in human affairs. This cheerful attitude lasted a variable length of time when we again had to do something for our liver.

It seems, after giving the matter a little thought, that the sensible and most practical thing to do is to learn how to live and what to do, so that we will not be conscious of our livers. Does that not appeal to you as being the sensible thing to do?

Hastily prepared meals of fried foods, eaten as though the time consumed at a meal were so much time wasted; washing the food down with hot coffee or tea, or perhaps large draughts of cold liquids, is enough, don't you think, to make our livers quit work in disgust? Add to this, rich foods, spiced foods, sour foods and sweet foods, all eaten at the same sitting as above described, and then wonder, if you can, at the multitude of liver medicines placed at our disposal.

The function of the liver in connection with digestion is to secrete the bile. The bile has the function of emulsifying, or holding in liquid form, the fats of the food, rendering them capable of being absorbed through the walls of the intestines into the blood stream and there burned up to supply heat to the body, or stored in the tissues for future use. The bile has some antiseptic power which serves to prevent the decomposition of food and the formation of overmuch gas in the bowels. It also acts as a natural lubricant and purgative.

Here are some of the things that will happen to you if your liver doesn't do its duty: intestinal indigestion, bloating, constipation, auto-intoxication, and a disposition that will drive your friends from you.

Eat right, dress right, live right and give your liver a chance. In the next article I will describe a combination of foods, which any one may have on the average table, that will naturally overcome a tendency to constipation.

CLUB NOTES

Dear Doctor:—
I am a young girl, 18, and am attending college. I am studying very hard and feel that I do not get the proper exercise. I have for some time been reading your articles in our home paper and find them very helpful. I would like to get one of your club books, if you will tell me which one contains instructions for exercises, that that would be suitable for me.

Miss M. S.

A great many young women lay the foundation for future ill health while in college. There is a great tendency for them to become sluggish in their habits and neglect out door exercises, or even fail to take exercise in the gymnasium, unless compulsory.

In the Vol I of the club books you will find some excellent exercises described, which I believe would be suitable for you. As soon as you have mastered these, I would advise you to get the Vol. 2, and not only study the exercises given in it, but you will find some chapters on diet that would be helpful.

If S. B. A. will write and give her name and address in full her inquiry will be given attention. One of the unbreakable rules of the Home Health Club is not to answer anonymous or unsigned letters.

All readers of this publication are at liberty at all times to write for information pertaining to the subject of health. Address all communications to the Home Health Club, 5029 Cottage Grove Avenue, Chicago, Ill., with name and address in full.



5A Bias Girth Horse Blankets

They are so designed that they can't slip or work off. The girths cross under body of horse, holding the blanket securely in place. You can jerk and pull the corners of the blanket, but you can't budge it—the girths lock it in place. Points of excessive strain or wear are heavily reinforced. All stitching is done with the utmost care.

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5A Storm King Square Blankets have won great popularity. They are remarkably warm, closely woven, strong, large and heavy—measure 84 x 90 inches and weigh 8 lbs. Sell for only \$2.50—worth twice as much. 5A Blankets outwear three ordinary blankets.

Buy a 5A Square Blanket for street use. Buy a 5A Bias Girth Blanket for stable use. Buy a 5A Plush Sock for carriage or auto.

WM. AVRES & SONS, Philadelphia, Pa.

MASTERTONVILLE

The school at this place has fifty-question for Friday evening reads, four names on the roll. Visitors Resolved, "That the Chinese should be few and far between, but all be excluded from the United States."

see how the mechanism of our school is conducted.

Abram Shelly took a few of his friends out in his auto for a gun-draws are more beneficial to the world than the corn and its pro-weak. The following accompanied him: Messrs. W. A. Bishop, Garfield Hershey, Aaron Greiner, Chas. G. Becker and Raymond Geib. The sportsmen returned with a full bag, which was composed of nine rabbits, a monkey faced owl, a partridge and ten imaginary wild turkeys.

The Keystone literary society is improving along all lines. The members seem interested in all parts of the program. The questions for debate are thoroughly discussed driving horse, call on J. K. Frey and good feeling prevails among myer.

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For The Woman

The following things would be more than appreciated as they are indeed useful. A nice pair of Blankets or Comfort, a good Wrapper, a warm Kimona and House Slippers, a good Coat or Suit, a Shirt Waist, a Muffler and many other things which we will be glad to show you.

For The Girl

We would suggest a pair Kid Gloves, a Head Scarf, a nice Coat or Dress, good stylish Shoes, lovely Neckwear, a Hat, a set of Furs, an Umbrella.

New Christmas Goods of all sorts greet you here at every turn. Come and see them.

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