

# MIDDLE LIFE

## A Time When Women Are Susceptible to Many Dread Diseases—Intelligent Women Prepare for it. Two Relate their Experiences.

The "change of life" is the most critical period of a woman's life. It is a time when the body is not without rest, and the anxiety felt by women as it draws near is not without reason. Every woman who neglects the care of her health at this time invites disease and pain.

When her system is in a deranged condition, or she is predisposed to epilepsy, or the tendency of any organ, the tendency is at this period likely to become chronic—and with a host of nervous irritations make life a burden. At this time, also, cancerous tumors are more likely to form and begin their destructive work.

Such warning symptoms as sense of exhaustion, hot flashes, headaches, backaches, and all other symptoms of impending evil, tired, sounds in the ears, palpitation of the heart, nervousness, irregularities, constipation, variable appetite, weakness, faintness, and dizziness, are promptly heeded by intelligent women who are approaching the change of life in life when woman's great change may be expected.

Lyla E. Pinkham's Vegetable Compound was prepared to meet the needs of a woman's system during this period of her life. It invigorates and strengthens the female organism and builds up the system.

For special advice regarding this important period women are invited to write to Mrs. Pinkham at Lynn, Mass., and it will be furnished absolutely free of charge. The present Mrs. Pinkham is the daughter-in-law of Lydia E. Pinkham, her assistant before her decease, and for twenty years since her advice has been freely given to sick women.

Read what Lyla E. Pinkham's Compound did for Mrs. Hyland and Mrs. Hinkle:

Dear Mrs. Pinkham—

I had been suffering with displacement of the organs for years and was passing through the change of life. My stomach was badly swollen, my stomach was sore, I had dizzy spells, and I was very nervous.

Lyla E. Pinkham's Vegetable Compound Succeeds Where Others Fail.



Mrs. A.E.G. Hyland

Another Woman's Case

"I wrote you for advice and commenced treatment with Lyla E. Pinkham's Vegetable Compound as you directed, and I am happy to say that all my distressing symptoms have disappeared. I have passed safely through the change of life, and I am now well and strong. Your medicine made me a well woman. I have been able to do my work and I am very happy. I am, Mrs. Annie E. Hyland, Chatterbox, Md."

How Ants Sleep

During sleep the ant's body is quite still. Occasionally may be noted a regular lifting up and setting down of the fore feet, one leg after another, with almost rhythmic motion. The antennae also have a gentle quivering, apparently involuntary movement, almost breathing. The soundness of slumber was frequently proved by applying the feather end of a quill. The feather tip is lightly drawn along the back, striking "whitely the fur." There is no motion. Again and again this action is repeated, the stroke being made gradually heavier. Still there is no change. The strokes are directed upon the head, with the same result. Then the feather is applied to the neck with a waving motion intended to tickle it. The ant remains motionless. Finally the sleeper is aroused by a sharp pinch of the quill. She stretches out her head, then her legs, which she shakes also, and begins to rub her antennae and brush her head and mouth. Then she clambers over her sleeping companion, dives into an open grave, and soon has said "Good night" to another tour of duty. Be it noted, however, that she has gone to work, as she and all her fellows always do, not only rested, but with her person perfectly cleaned!—H. C. McCook, in Harper's Magazine.

An Old Time Joke

It is always to be borne in mind that the whole period I have been describing was a profoundly serious one, and that the buoyant element which in these days believes itself from being galled by a humor or an anecdote had not then come in. Among the whole circle of the Federalists, for instance, I can find no reprieve which seems really modern, except that reported to me by the one personally, James Richardson, a young man, nephew of my grandfather, Stephen Higginson at a gathering of the Federalists, in their days of defeat at the house of George Cabot in Brookline. After a good deal of dry laughing, my grandfather had at last the audacity to suggest to them that if it became necessary to dwell in the same house with a cat, it would do invariably to address the obnoxious animal as "cat," sometimes you must call her "pussy." There was, however, some objection, and such a remark would not, in those days, have been thought to savor of levity; and if we are to treat the whole thing as an historic situation, it must be more seriously approached.—Thomas Wentworth Higginson, in the Atlantic.

Food Helps

In Management of a Railroad Man

"My work puts me out in all kinds of weather, subject to irregular hours for meals and compelled to eat all kinds of food."

"For 7 years, I was constantly troubled with indigestion, caused by eating heavy, fatty, starchy, greasy, poorly cooked food, such as are most accessible to men in my business. Generally each meal or lunch was followed by distressing pains and burning sensations in my stomach, which destroyed my sleep and caused indigestion for weeks. My brain was so numbed and foggy that it was hard for me to discharge my duties properly."

"This lasted till about a year ago, when my attention was called to Grape-Nuts food by a newspaper ad, and I concluded to try it. Since then I have used Grape-Nuts at nearly every meal and sometimes between meals. My railroad men have little chance to prepare our food in our houses and I find Grape-Nuts most handy for it is ready cooked."

"To make a long story short, Grape-Nuts has made a new man of me. I have no more burning distress in my stomach, no more indigestion, no more foggy brain, and I can digest anything so long as I eat Grape-Nuts, and my brain works as clearly and accurately as an engineer's watch, and my old nervous troubles have disappeared entirely. Grape-Nuts."

There's a reason. Read the little book, "The Road to Wellville," in packages.

# THE PULPIT.

## A SCHOLARLY SUNDAY SERMON BY THE REV. L. L. TAYLOR

Subject: "A Square Deal in Religion."

Brooklyn, N. Y.—As the subject of his sermon Sunday the Rev. L. L. Taylor, pastor of the Puritan Congregational Church, spoke on "The Square Deal in Religion." He took the text: "Proverbs 21:3—They that deal truly are in His delight; and Psalm 11:7: 'The righteous Lord loveth righteousness.'" Mr. Taylor said:

The kingdom of heaven is a square deal on earth. From the night visions of the shepherds to the day dreams of St. John it is peace and joy to the earth, and the hosts of God are seen bestirring themselves to promote. And He who came from heaven lived truth to all men, that they might ever after dwell as brethren here. But there can be no kingdom of heaven on earth unless with any other throne set up than that of fatherly God in heaven. The square deal has its vertical lines as well as its horizontal. The horizon, however, broad as it is, is not the line of the day when men would treat God right. In that day no man will have anything to fear from any other power, but the thinking mind is coming around more and more to Christ's estimate of religion as the power that must set us right. Your medicine made me a well woman. I have been able to do my work and I am very happy. I am, Mrs. Annie E. Hyland, Chatterbox, Md."

Creeping Salt

Here is an illustration in the course of natural phenomena (?) that will interest and instruct the little folk if they look into it curiously: Into a tumbler half full of water dissolve just as much common table salt as will be held in solution. Let it stand for a few days and see how the salt creeps out of the water, up the inside of the glass and down the outside—just a thing of life trying to escape from its environment. And when all the salt is apparently out of the water remains as salty as before! It is a pretty demonstration.—New York Press.

God's Care

People talk about special providences. I believe in providences, but not in the speciality. I do not believe that God lets the thread of my affairs go for six days, and on the seventh evening takes it up for a moment. The so-called special providences are common to all men at all moments. But it is a fact that God's care is more evident in nature, yours and mine? He is not gloriously better if it could believe that the whole matter is one grand providence.—George MacDonald.

All We Have to Do

The discipline which we choose for ourselves does not destroy our self-love like that which God assigns us Himself each day. All we have to do is to give ourselves up to the discipline which we are looking for. He carries us in his arms as a loving mother carries her child. In every need let us look to Him. —Francis de la Motte Fouquet.

NEWSY GLEANINGS

Famine Rapids in Morocco.

The United States is growing.

The Steel Trust is to have a plant in Canada.

Police Justice Higgins, of Jersey City, sent a nasher to jail for sixty days.

Machinery has been ordered for excavating the so-called diamond fields of Elliott County, Ky.

The government of Switzerland has planned to apply electricity to all the government buildings.

Trains of a military train armed with machine guns are said to have developed 100 miles an hour at Kieff, Russia.

Serious rioting in connection with inventories of churches was reported from a number of French provincial towns.

Arms and ammunition, smuggled aboard by the crew, were found on a vessel about to leave San Francisco for Hong Kong, China.

In one of the largest votes ever polled in the city of Wooster, Ohio, the vote on seven saloons and the place will be dry this year.

Six feet ten inches in height and weighing 260 pounds, the largest man in Kentucky, is dead at Baltimore, and a special coffin has been built for him.

It has been suggested that African and Chinese emigrants be imported to South and Central America, in the vast forest of which they would multiply and provide a future source of profit.

The attitude of certain South American republics that are inimical to the influence of the United States in the country continues to impede the progress of the forthcoming Pan-American Congress.

The coal supply of Canada has been reported to the Bureau of Manufactures as 22,000,000,000 tons.

Woodcock Carrying its Young.

It was shooting snipe near Angola, N. Y., with Ralph West, a hunter, when the dog made a point in a bunch of people in one corner of the snipe ground. On our going up to him a woodcock flushed with a young bird in its beak. It was a very young bird, its legs and feet about thirty yards in plain view.

On looking in ahead of the dog we found a nest with another young one in it.—Forest and Stream.

# WILLING TO SHARE WITH GOD

## Simpler Faith and Gratitude of a Little Child.

The simple faith of a little child, whether applied to parents, friend or God, found an illustration in a story recently told by Dr. Levi G. Broughton of Atlanta, Ga., when he was in Boston. It was related to him by a friend in the railroad service as follows:

"My little girl came to me a little while before Christmas, and said: 'Papa, I want you to pray to God and ask him to have Santa Claus bring me a doll for Christmas.' I promised, and on Christmas morning she found her doll, and called me to see it. As she looked it over, examining the face, she said, 'Papa, ain't God good? He's kinder than I thought he was. Do you think he sent little brother anything?' 'I told her she might go over to her grandpa's, where brother was visiting, and find out. Presently she returned, with her face all covered with happy smiles, and exclaimed, 'O, papa! God sent brother a beautiful great big hobby-horse!'"

Even the wisest of men would rather have their friends hand them letters than honest criticism.

DON'T MISS THIS.

A Cure For Stomach Trouble—A New Method, by Absorption—No Drugs.

It means a diseased stomach. Are you afflicted with Short Breaths, Gas, Sour Eructations, Heart Pains, Indigestion, Dyspepsia, Burning Pains and Lead Weight in the Stomach, Acid Stomach, Distended Abdomen, Dizziness, Colic, Bad Breath or Any Other Stomach Trouble? Let me send you a box of Mull's Anti-Bilious Water, free to convince you that it cures.

Nothing else like it known. It is rare and very pleasant. Cures for absorption. Harmless. No drugs. Stomach Trouble can be cured otherwise, says Medical Science. Drugs won't do—their effect on the stomach and make you worse.

We know Mull's Anti-Bilious Water, and we want you to know it. Hence this offer. This offer may not appear again.

Send this coupon with your name and address and your druggist's name and he, in stamp or silver, and we will supply you a sample free if you have never used Mull's Anti-Bilious Water, and will send you a certificate good for 25¢ toward the purchase more Mull's Water. You will find them invaluable for stomach trouble; cures by absorption. Address: MULL'S GRAPES, 228 S. 4th St., Philadelphia, Pa. Ask for Mull's Water.

# W. L. DOUGLAS

## \$3.00 & \$2.00 SHOES

W. L. Douglas's \$4.00 City Edge Line cannot be equaled at any price.

When you buy WEATHER CLOTHING you want complete protection and long service. These and many other good points are combined in TOWER'S OILED CLOTHING. Buy any other and you are disappointed.

W. L. Douglas's \$4.00 City Edge Line cannot be equaled at any price.

Head High Tobacco

It means a diseased stomach. Are you afflicted with Short Breaths, Gas, Sour Eructations, Heart Pains, Indigestion, Dyspepsia, Burning Pains and Lead Weight in the Stomach, Acid Stomach, Distended Abdomen, Dizziness, Colic, Bad Breath or Any Other Stomach Trouble? Let me send you a box of Mull's Anti-Bilious Water, free to convince you that it cures.

Nothing else like it known. It is rare and very pleasant. Cures for absorption. Harmless. No drugs. Stomach Trouble can be cured otherwise, says Medical Science. Drugs won't do—their effect on the stomach and make you worse.

We know Mull's Anti-Bilious Water, and we want you to know it. Hence this offer. This offer may not appear again.

Send this coupon with your name and address and your druggist's name and he, in stamp or silver, and we will supply you a sample free if you have never used Mull's Anti-Bilious Water, and will send you a certificate good for 25¢ toward the purchase more Mull's Water. You will find them invaluable for stomach trouble; cures by absorption. Address: MULL'S GRAPES, 228 S. 4th St., Philadelphia, Pa. Ask for Mull's Water.

CAREFULLY conducted experiments, ranging over many years, have proved conclusively that the liberal use of POTASH is essential to the production of big yields of full-eared corn.

Let us send you our practical books telling of these and many other careful crop-feeding tests; they are free to farmers without any cost or obligation. Send name and address.

Address: GERMAN KALI WORKS, New York—93 Nassau Street, or Atlanta, Ga.—221 So. Broad Street

Good Luck Knocking at Your Oven Door

You're bound to have good luck on baking day if you use Good Luck Baking Powder. There is always just so much "fluff" to a spoonful, because it never varies in strength. You know that's what makes reliable baking. A good cook who once tries Good Luck will never go back to the uncertain kinds.

GOOD LUCK Baking Powder

also makes a big difference in the family pocketbook the day the grocer's bill is paid. Only 10 cents for a pound can—we couldn't improve the purity and quality of Good Luck if we charged three times as much.

The Southern Mfg. Co., Richmond, Va.

WHY WOMEN NEED STRENGTH

leads to much more wide spread trouble than mere pain and sickness for yourself. If allowed to take hold of you, it will lead to worried and worn out friends and relatives, sickly, ill-developed children, a shorter life for you and all your family. In justice to yourself and children build up your health, drive out the weakness, which is shown by your regularly recurring pain, falling feelings, periodical distress, etc., and take

WINE OF CARDUI Woman's Relief

which will prevent this pain and misery. Increase your vitality; regulate your irregularities, and give you strength where you most need it. "Before taking Cardui," writes Eva Robinson, of Harris, I. T., "I weighed 96 pounds. I was weak, nervous, and suffered from periodical pain and sleeplessness. Since taking five bottles of Cardui, I have greatly improved. I feel like a new person, and weigh 109 pounds." In successful use for over half a century, as a specific remedy for female troubles, Cardui has, in that time, relieved or cured over a million women. Try it.

At Every Drug Store in \$1.00 Bottles