

WHY WOMEN WRITE LETTERS

To Lydia E. Pinkham Medicine Co.

Women who are well often ask "Are the letters which the Lydia E. Pinkham Medicine Co. are continually publishing, genuine?" "Are they truthful?" "Why do women write such letters?"

In answer we say that never have we published a fictitious letter or name. Never, knowingly, have we published an untruthful letter, or one without the full and written consent of the woman who wrote it.

The reason that thousands of women from all parts of the country write such grateful letters to the Lydia E. Pinkham Medicine Co. is that Lydia E. Pinkham's Vegetable Compound has brought health and happiness into their lives, once burdened with pain and suffering.

It has relieved women from some of the worst forms of female ills, from displacements, inflammation, ulceration, irregularities, nervousness, weakness, stomach troubles and from the blues.

It is impossible for any woman who is well and who has never suffered to realize how these poor, suffering women feel when restored to health; their keen desire to help other women who are suffering as they did.



Why Not?

"Why did you strike this man?" asked the judge sternly.

"He called me a liar, your honor," replied the accused.

"Is that true?" said the judge, turning to the man with the mussed-up face.

"Sure it's true," said the accused. "I called him a liar, because he is one, and I can prove it."

"What have you to say to that?" asked the judge of the defendant.

"It's got nothing to do with the case, your honor," was the unexpected reply. "Even if I am a liar I guess I've got a right to be sensitive about it, ain't I?"

An optimist is a man who invests in a gold brick every time the opportunity presents itself.

Housework Is a Burden

It's hard enough to keep house in perfect health, but a woman who is weak, tired and suffering from an aching back has a heavy burden.

Any woman in this condition has good cause to suspect kidney trouble, especially if the kidney action seems disordered.

Doan's Kidney Pills have cured thousands of suffering women. It's the best recommended special kidney remedy.

A South Carolina Case

Mrs. T. Nelson, Walnut St., Abbeville, S. C., says: "For years I suffered from backache and when I stooped, a sharp pain seized me. The kidney secretions passed too freely and my feet sweated so badly I couldn't wear my shoes. I was in bad shape when I took Doan's Kidney Pills, but two boxes fixed me up all right."

Get Doan's at Any Store, 50c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

PIMPLES

Are Dangerous

They are a sign of poisoned blood, inactive liver, biliousness, indigestion, constipation or even more serious conditions which if not relieved in time make you a miserable invalid for life.

Dr. Thacher's Liver and Blood Syrup

is a remedy that goes back of the mere symptoms, and RELIEVES THE CAUSE. It is purely vegetable, a gentle laxative and tonic combined. It can be taken by all, young and old, male and female. 50c and \$1 bottles at your dealer's.

THACHER MEDICINE CO., CHATTANOOGA, TENN.

ECZEMA!

"Hunt's Cure" is guaranteed to stop and permanently cure that terrible itching. It is compounded for that purpose and your money will be promptly refunded without question if Hunt's Cure fails to cure Itch, Eczema, Tetter, Ring Worm or any other skin disease. See the box.

For sale by all drug stores or by mail from the

A. B. Richards Medicine Co., Sherman, Tex.

APPENDICITIS

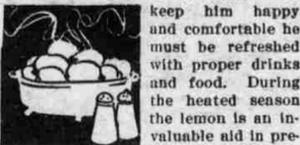
If you have been threatened or have GALLSTONES, INDigestion, GAS or PAINS in the right side write for a valuable Book of Information FREE
E. S. BOWSER, DEPT. W-8, 218 S. DRABBOCK ST., CHICAGO

THE KITCHEN CABINET

A very large proportion of various forms of illness are only the inevitable result of thinking the same thoughts over and over till the mind is reduced to a treadmill.—Lillian Whiting.

FOOD FOR CONVALESCENT.

To keep a patient comfortable and happy is no small part of the journey to Wellville. To keep him happy and comfortable he must be refreshed with proper drinks and food.



During the heated season the lemon is an invaluable aid in preparing cooling drinks. The acid of the lemon is cooling to the blood, and when the drink is combined with egg it is also nourishing. A well-beaten egg or two stirred into a glass of lemonade will often convey all the nourishment needed, and the patient does not realize (if he fails to have an appetite) that he is really being fed.

During the hot weather such foods as custards, plain rice, farina and cornstarch, as well as rice flour, make delicate dishes, easily digested by an invalid. An uncooked custard is liked by many; simply chill the milk, add the egg and sugar, beat well, and serve with a bit of flavoring and a pinch of salt. This is one form of egg nog.

It is never safe to experiment with foods upon a convalescent as "what is one man's food is another man's poison." Buttermilk will agree beautifully with some people with intestinal trouble when cream, top milk and malted foods cannot be taken at all.

The physician should always be consulted and his advice carefully followed in regard to the proper feeding.

Such foods as delicately cooked eggs, kumiss, milk gruel, barley or rice flour gruel (long and well cooked), or scalded milk are often well borne by those troubled with inflammation of the digestive tract.

A colicky baby may often be relieved from pain by giving a half of a soda-mint tablet dissolved in a little warm water. Lay a warm water bag between your knees and turn the baby stomach down over this; rub and pat gently and the pain will disappear in a few minutes.

As these are the trying weeks for babies, they should have especial care, keeping them cool and allowing them to have an occasional cool drink. Cross, fretful babies cannot tell you that they are choking with thirst.

Nothing is impossible, there are ways which lead to everything; and if we had sufficient will, we should always have sufficient means.—LaRoche-foucauld.

SEASONABLE DISHES.

A delicious dessert of peaches is made by pouring over cut-up ripe peaches one cupful of orange juice and a half cupful of lemon juice. On top sprinkle with chopped pineapple and with powdered sugar.

Peach Sherbet.—Pare and quarter enough ripe peaches to make a quart. Add to a quart of water the rind of one lemon and two tablespoonfuls dissolved; add the peaches, cook until tender, press through a sieve and set aside to cool. When cool add the juice of one lemon and freeze the same as any ice cream. Beat the white of an egg very stiff, remove the dasher, and stir in the egg. Repack and set aside to ripen several hours.

Grape Sherbet.—Make a sirup by boiling two cupfuls of water and one of sugar 15 minutes. Add one cupful of grape juice and one cupful of orange juice and two tablespoonfuls of lemon juice. Cool, strain and freeze; remove the dasher and beat in two well-beaten egg whites, then set to ripen.

Melon Sherbet.—Cut the edible portion of a muskmelon in cubes. To a quart of water add a pound of sugar and boil for ten minutes, then add a teaspoonful of gelatin, softened in two tablespoonfuls of cold water; strain into the freezer and when cool add the juice of five lemons and freeze. Serve with the melon cubes as a garnish or the sherbet may be served in melon cups.

Green Corn Cakes.—Take one quart of green corn, cut from the cob, or grated and pressed from the hulls; two cupfuls of milk, one cupful of flour, two well-beaten eggs, salt and pepper to taste and a tablespoonful of olive oil or melted butter. Bake on a hot griddle.

Parsnips boiled and dipped in molasses before frying will be found to be most tasty. Mashed and seasoned and dipped in a fritter batter, then fried in deep fat will be another acceptable way to serve them.

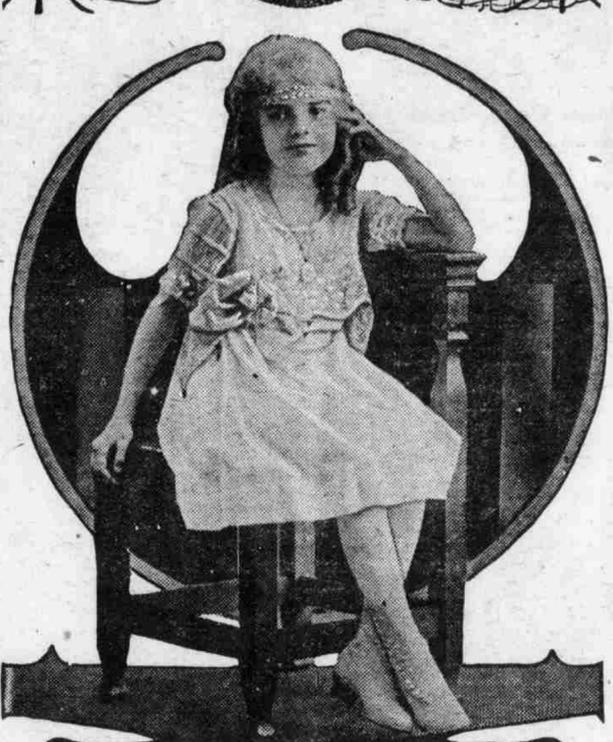
Quinces may be kept for weeks in a cool dry place and be used as needed for preserves, baking or for puddings. Date pudding may be crumbed, mixed with nuts and flavored with whipped cream, and served in sherbet cups garnished with a cherry or a bit of preserved pineapple or a fig.

The costly habit of eating more than you need is not only bad on the purse, but vastly more important, ruinous to the organs of digestion.

Neese Maxwell

VOGUES AND VANITIES

JULIA BOTTOMLEY



In Her Party Frock.

The little miss, with the pretty curls, looks well in the simplest of her clothes, but she is adorable in her party frocks. She is sweetly conscious of being "all dressed up" and is entirely satisfied with things as they are. This is a state of mind most comfortable for all concerned.

The little party frock pictured above is made of such simple and inexpensive materials that every small girl is entitled to have her instinct for finery indulged. It requires nothing more extravagant than albatross cloth in cream white, a little venetian lace in an all-over pattern and plain cream white net for the sleeves. The albatross is a light weight wool fabric in a crepe-like weave which has the advantage of being washable. It comes in white and all colors. Venetian lace is familiar as a pretty and serviceable sort which is just as washable as the plain net of which the sleeves are made.

In this dress the skirt is joined to a plain short sleeveless waist. With its fullness disposed in a group of plaits at each side the skirt hangs in a panel at the front and back. The short body is supported by narrow straps over the shoulder and fastens with small buttons and button holes in the back. The

sleeves are gathered into three shirred sections over small cords and finished with a band of lace. The little slip-over jacket of lace is gathered over a cord into a round neck and bound with scallops at the back and front that lengthen into points at the side.

A wide sash of soft satin ribbon in one of the light tints is finished at one side with a big rosette bow with a single end. With a knowledge of the materials used and the small amounts required for a little girl, it is easy to figure the very modest cost of this pretty little party frock.

Lingerie Blouses.

The colored blouse of organdy, voile, georgette and wash satin has taken such a hold on the popular fancy that it is quite difficult to find a really attractive plain white blouse, excepting those for sports wear. Pale pink, all tones of tan and yellow, soft blues and grays predominate. The costume blouse of pale cream lace or Georgette usually has an interlining of the palest fish chiffon; the blue waist is piped with pink or another harmonious contrast. It is indeed a season of color and one may indulge to the heart's content.



For the Little Kindergartner.

The little miss who is about to take her initial step on the endless road of knowledge must be fitted out with plain and pretty frocks for school wear. Most of these are to be had ready made, in reliable materials and at prices so low that it is hardly worth while to make them at home. But others in which simple handwork in ornamental stitches is used for a finish are comparatively high priced.

Here is one made of plain "India linen." This by the way, is an unsuitable name for a beautiful cotton fabric that needs no false colors for smooth sailing.

The plain full skirt is modeled at the top with mercerized crochet cotton and the edge of the frill about the neck is finished with overcast stitches set close together. This cotton is in a color contrasting with the dress

and in this instance delft blue is used on white. The top of the wide hem is outlined with diagonal stitches set close together and the edges of the small bands about the sleeves are done in the same way as the collar.

The greater number of dresses for school wear are made of heavier cottons and linens in colors. The fad for a reserved use of decorations made with the simplest of embroidery or other needlework stitches, shows no sign of decreasing in popularity. This quickly made and elegant-looking finish for the everyday clothes of little girls is in keeping with the familiar serviceable materials it is used on. It is not too fine for them. Fortunately the little miss whose home people can decorate her frocks in this way. Unconsciously she will be educated to a fine "sense of clothes."

CALOMEL WHEN BILIOUS? NO! STOP! ACTS LIKE DYNAMITE ON LIVER

I Guarantee "Dodson's Liver Tone" Will Give You the Best Liver and Bowel Cleansing You Ever Had—Doesn't Make You Sick!

Stop using calomel! It makes you sick. Don't lose a day's work. If you feel lazy, sluggish, bilious or constipated, listen to me!

Calomel is mercury or quicksilver which causes necrosis of the bones. Calomel, when it comes into contact with sour bile, crashes into it, breaking it up. This is when you feel that awful nausea and cramping. If you feel "all knocked out," if your liver is torpid and bowels constipated or you have headache, dizziness, coated tongue, if breath is bad or stomach sour just try a spoonful of harmless Dodson's Liver Tone.

Here's my guarantee—Go to any drug store or dealer and get a 50-cent bottle of Dodson's Liver Tone. Take a

spoonful and if it doesn't straighten you right up and make you feel fine and vigorous I want you to go back to the store and get your money. Dodson's Liver Tone is destroying the sale of calomel because it is real liver medicine; entirely vegetable, therefore it cannot salivate or make you sick.

I guarantee that one spoonful of Dodson's Liver Tone will put your sluggish liver to work and clean your bowels of that sour bile and constipated waste which is clogging your system and making you feel miserable. I guarantee that a bottle of Dodson's Liver Tone will keep your entire family feeling fine for months. Give it to your children. It is harmless; doesn't gripe and they like its pleasant taste.—Adv.

WINTERSMITH'S CHILL TONIC

Sold for 47 years. For Malaria, Chills & Fever. Also a Fine General Strengthening Tonic. 50c and \$1.00 at all Drug Stores.



FOR THE BEST DESSERTS, CANDIES, ETC., USE THE BEST EXTRACT—SAUER'S PURE FLAVORING EXTRACTS

Use the GRAND PRIZE at the Panama Pacific Exposition, also 15 Other Highest Awards at Previous European and American Expositions for Purity, Strength and Fine Flavor. 10c, 25c, 50c, \$1.00 and \$1.00 Bottles—At Dealers Everywhere. Our Magazine, "TABLE TREATS" FREE on request. Largest Selling Brand in the U.S. C. F. SAUER COMPANY, RICHMOND, VA.

USE PAPER CUPS FOR SODA NOW THE WAR HITS CARPETS

Up-to-Date Drink Fountains Are Now Adopting Most Sanitary Device.

Glass soda service—the kind our grandfathers and the grandfathers of the present generation of germs knew—is doomed. The new paraffined paper cups for sodas and sundaes that now are being adopted by up-to-date fountains all over the United States, are to be had in all of the regulation sizes.

They are made of pure white paper and no glue of any kind holds them together. They are paraffined on the outside only, so that they can be used as successfully for hot drinks as they can for cold. Special metal holders are made for them, giving them a solid background, which prevents the spon from being pushed through the paper.

The metal dispensing tube holds 150 of the cups, which are placed in the tube point upward. When needed, a metal holder is placed on the cups, top downward. By turning the cupholder to the right the metal tongue is made to clasp the creased paper, and cup and holder can then be removed together from the machine.—Illustrated World.

His Early Morning Task.

Not all city folks are as ignorant of the conditions on the farm as some farmers are apt to suppose. A Bostonian who was spending his vacation on a farm in Maine had resolved to rise with the birds in order to get the full advantage of the rural life.

"Well, young man," said Farmer Hitre, as the city chap hove in sight, "been out to hear the haycock crow, I suppose?" The city man smiled. "No," said he, "I've been out tying a knot in a cord of wood."

Proper Thing.

"Why do you roast that chorus girl show?" "What else do you want me to do with those broilers in it?"

And a lot of good resolutions are manufactured the morning after.

Causes Leap in Prices of Woolen Ones, Is Report of a Trade Journal.

Despite the heavy demand for carpets and rugs, the steady rise in cost of raw materials and wages is causing a widespread check on the production in the United States, says a recent issue of the American Carpet and Upholstery Journal.

In various directions there are symptoms of a slowing down in the manufacturing end of the floor covering industry, though reports from salesmen on the road indicate the retail trade is much more active. The trouble lies in the fact that many mills already have stopped their machinery for the season. This is adding impetus to the jobbing trade and during the next few months at least, many buyers who never looked beyond the manufacturer for their goods will be forced into the secondary market.

Sold up mill conditions, anticipation of advances in price of goods available in July, the European war, the forthcoming presidential campaign, trade and crop conditions combined, are creating a series of cross-currents of extraordinary magnitude and manufacturers are moving with caution. Though increases in prices made by manufacturers have been borne satisfactorily by the public, the anticipation that carpet wools will soar further this summer has no tendency to cause factories to overreach themselves.

A Warning.

"John! John!" The lady nudged her husband urgently in the ribs. "What's that?" he replied drowsily. "There's a burglar in the house!" John roused himself at that. "Well, what do you want me to do?" he asked indignantly. "Want me to go downstairs and risk being killed?" "Very well," replied his wife, "if you find out in the morning that someone has been through your pockets don't blame me!"—Chicago Blade.

A woman's inconsistency may be the greatest of her many charms.

Fresh From the Ovens—

New Post Toasties represent the most appetizing form in which choice, nutritious Indian corn has ever been prepared.

A new patented process which includes rotary toasting under quick, intense heat gives these flakes a delicious, new and distinctive flavour.

The New Toasties are featured by the bubbly appearance of the surface of the flakes—due to this new art of toasting which releases the wonderful new and attractive true corn taste.

New Post Toasties are not "chaffy" in the package; and they don't mush down when milk or cream is added like common "corn flakes."

For tomorrow's breakfast—

New Post Toasties

—your Grocer has them.