Nine-tenths of the old-looking young

They age prematurely because of

Working hard in the store, the office

Medical science knows of only two

Think over that statement for a

It simply means that "Little Diges-

That they are positively guaranteed

ters" are as good for you as a five-mile

or the home is not conducive to perfect

sure cures for Indigestion and Dyspepsia-

Plenty of work and exercise in the open air, and "Little Digesters"—the

folks are troubled with Indigestion and

Dyspepsia.

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THE WOMAN'S CORNER

SPIRAL TWIST IS "DING-A-LING" ADAPTATION



one treble in each chain, turn and continue the same till you have the required length. Remember that the work has to be doubled from beginning to end to form two sides.

When you have the length desired, start decreasing one stitch at each end until all the stitches are done. This point forms the turn-over flap.

Double the work and sew neatly on the wrong side, turn back and sew a patent fastener to the under side of the flap, which fastens to the purse itself.

If you wish to fasten the purse around your neck, fasten your thread at one end of the purse and work 80 chain and attach the opposite side. Buy a brass ring and double crochet around it, catching it into the 80 chain in the centre. Pass the cord to go around the neck through this ring and the purse is completed.

DAILY MENU

Thursday. BREAKFAST.

Oranges, cereal and cream, scrambled eggs with fine herbs, griddle cakes, maple syrup, toast, tea and coffee.

LUNCHEON.

Clam fritters, risotto (warmed over),
endive salad, crackers and cheese,
sugar gingerbread, tea.

DINNER.

Chicken broth (based upon liquor in which the fowls were boiled), spinach, scalloped tomatoes, macaroni pudding, with hard sauce, black coffee.

The Penniless Millionaire BY DAVID CHRISTIE MURRAY. (Copyrighted: All Rights Reserved.)





do cure stomach troubles You do not risk one cent-The Coleman Medicine Company takes all the risk—and they do this because they know all about the curative properties of "Little Digesters."— The sure-cure or no-pay remedy. Is it wise to suffer-to become old

in your prime-When you can coax every joy out of life and insure the glowing health

that does things-By taking a "Little Digester" after each meal—a single box will have beneficial results and six will cure you.

"Little Digesters" are a scientific compound of the purest and best drugs procurable—your doctor will recommend them or write out a very similar prescription.

Beautiful Presents Exclusive and handsome designs in silverware make worthy and lasting presents. The renowned trade mark 1847 ROGERS BROS. on spoons, forks, knives, or fancy serving pieces guaran-tees the best silver plate. "Silver Plate that Wears"

DIGESTERS)

MERIDEN BRITA CO. **PHYSICIAN**

Taking Lydia E. Pinkham's Vegetable Compound

Columbus, Ohio. — "I have taken Lydia E. Pinkham's Vegetable Compound during change of life. My doctor told me it was good, and since taking it I feel so much better that I can do all pit work

my friends what it has done for me.

Mrs. E. Hanson, 304 East Long St.

Columbus, Ohio.

Another Woman Helped.

Graniteville, Vt. — "I was passing through the Change of Life and suffered from nervousness and other annoying symptoms. Lydia E. Pinkham's Vegetable Compound restored my health and strength, and proved worth mountains of gold to me. For the sake of other suffering women I am willing you should publish my letter." — Mrs. CHARLES BARCLAY, R.F.D., Graniteville, Vt.

Women who are passing through this critical period or who are suffering from any of those distressing ills peculiar to their sex should not lose sight of the fact that for thirty years Lydis E. Pinkham's Vegetable Compound which is made from roots and herbs, has been the standard remedy for female ills. In almost every community you will find women who have been restored to health by Lydia E. Pinkham's Vegetable Compound.



LINSEED COMPOUND" COUCHS, COLDS,

\$5.95 \$1.39

\$3.49

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