

HELP FOR YOUNG WOMEN

Mrs. Holmberg Tells How Lydia E. Pinkham's Vegetable Compound Helped Her

"Viking, A.N.A.—From the time I was 15 years old I would get such sick feelings in the lower part of my abdomen, followed by cramps and vomiting. This kept me from my work (I help my parents on the farm) as I usually had to go to bed for the rest of the day. Or at times I would have to walk the floor. I suffered in this way until a friend introduced me to Lydia E. Pinkham's Vegetable Compound. I have had very satisfactory results so far and am recommending the Vegetable Compound to my friends. I surely am glad I tried it for I feel like a different person now that I don't have these troubles."

The Countess of Landon.

CHAPTER XX.
"My wife, Rochester."
The gentleman bowed. Madge was about to hold out her hand, but a happy instinct kept her from it, and she just inclined her head, and so by instinct did the right thing.
A faint look of surprise had flashed for a moment in the visitor's eyes, but it was gone almost as soon as it came, and in the most self-possessed and natural way, he said:
"An unexpected pleasure! I'm afraid this old play bores you awfully, Mrs. Landon."
Mrs. Landon! It seemed as if he could not mean her. The color came to her face, then left it pale.
"Is it old?" she said. "It is wonderful. That was all."
He looked at her again with the faint surprise in his eyes, then turned to Royce.
"I congratulate you, Landon," he said in a voice too low to reach Madge. "I didn't know you were married. It wasn't in the papers, was it?"
"No," said Royce; then he laughed softly, happily. "We were only married recently."
The other opened his eyes, then he glanced at Madge.
"Will you be offended if I say that Mrs. Landon is one of the loveliest women I ever saw?"
"Not a bit, because it's true," said Royce, flushing proudly; "and if you know her better, you would add—the best."
"I am sure of that," said the other. "Well—he shook hands with Royce. "You are a lucky fellow!" and after a little while he bowed to Madge and left the box.
Madge looked at Royce.
"Who was that, Jack?" she said, timidly, and yet with the keen interest of the wife who wants to know all her husband's friends.

"Lord Rochester," said Royce. "He is an old friend of mine. We were at school together. He is an awfully good fellow, and I think you will like him, Madge."
"Yes," she said, dreamily, as the

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orchestra played its softest—"Lord Rochester. He is a lord, Jack?" Her brows knit slightly.
Royce nodded.
"Yes, he is the nephew of the Duke of Alton. You remember Alton getting the dukedom—?" He stopped, confused.
Madge's color rose, and she looked sadly at him for an instant.
"How should I remember?" she said in a low voice. "It is you who forget that a gypsy girl is likely to know anything about dukes."
He took her hand and stroked it; he would have taken her in his arms if he could.
"Yes," he said, "I did forget. It is your fault, Madge. You have so little of the gypsy—except your dark eyes, dearest—about you tonight, that it is hard to remember. Forgive my stupidity, my darling."
"No, no," she said, with a little pant. "Tell me more. I want to know. I want to learn all I can—to be like these others," and she looked at the brilliantly dressed women in the stalls. "Look down and tell me who some of them are—these great people, Jack?" she murmured. "It is all so strange—so new!" Her eyes filled with tears, but she kept them back with a great effort.
Royce stroked her hand and laughed.
"Do you think I know them all, dearest?" he said. "And, besides, they are not all great people. There are a great many just nobodies among them. But let me see if I can point out any one." He leaned forward and looked round. "Yes! Look there, in the second row from the orchestra—in the middle. Do you see those two ladies?"
"The two sitting together?" said Madge, leaning forward, too, and looking with keen interest. "Do you mean the old one with the paint and powder on her face, and the young one with—her color deepened—"with her shoulders bare?"
Royce laughed.
"What eyes you have, Madge! Yes, I'm afraid the Countess of Butley does paint, and Lady Mary's dress is a little too low."
"And she is a countess, and they are great people?" said Madge, earnestly.
"Go on, Jack."
Royce pointed out two or three other people whom he knew, and Madge looked at them curiously and critically. Then she said:
"Jack, they nearly all paint their faces, just like the women who act at the fair, only not quite so much. And they are great people? Is it because they are noble and are called ladies and countesses?" and she turned her beautiful eyes upon him with innocent questioning.
Royce laughed, and drew her back from the volley of opera-glasses, and Madge, seeing why he did it, shrunk into her seat behind the curtain with a red blush.
"Why—why do they stare so, Jack?" she said.
"I think it's because they want to see how I part my hair," he said.
"Why, Madge, can't you guess?" Then as she turned quickly to the stage, upon which the curtain had just risen, a mist came before his eyes, and he murmured: "God bless and keep my innocent darlings, my sweet Madge!"

CHAPTER XXI.
As they passed down the great staircase with its ruby-colored lamps, Madge saw several of the ladies and gentlemen nod to Royce and smile at him, and they all looked at her with an expression of surprise and curiosity. She would have been glad of her old red shawl to draw over her face, and she drew the opera-cloak round her as well as she could.
Royce took her to a well-known restaurant to supper. The room was crowded with brilliantly dressed women and men in evening attire; and Madge noticed that some of the women were painted like those she had seen in the theatre.
"Are they great ladies, Jack?" she whispered.
"No, no," said Royce, hastily. "Now, am I to choose your supper for you?"
Madge laughed as she looked at the bill of fare.
"Please, what is it—French? Why do they not put it in English?"
"Heaven and the proprietor only know!" said Royce.
It was all delightful beyond description. She felt as one might feel who has been cast upon the shore of a strange land in which everything—people, places, things—were new and

seen for the first time, and Royce enjoyed with an intense joy her innocent wonder and delight. So the days passed, every day bringing something fresh and marvelous to Madge's startled ignorance.
But as they passed, so swiftly, so joyously, the shadow of a cloud, only the lightest of light cheek trousers. And these two members are the only two in whom any idiosyncrasies in dress attract a second glance to themselves.
But if Mr. Churchill wins in the Abbey division a new fashion may be started in hats.
Caricaturists who look round the House for any inspiration in the clothes of members are having a thin time. Colonel John Ward—"the Navy's M.P." as he used to be called—was once distinguished as the possessor of the largest hat in the House a soft felt of sombrero-like proportions. His taste in hats has modified itself and he is now to be distinguished only by a velvet coat and waistcoat.
Summer and winter, Mr. Frank Gray, member for Oxford City, wears the lightest of light cheek trousers. And these two members are the only two in whom any idiosyncrasies in dress attract a second glance to themselves.
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Household Notes.
If your children will not drink plain milk serve them milk desserts such as junkets or custards.
A very slight scratch on the surface of a material can sometimes be rubbed away with a bread crust.
One piece of chamois for washing and one for wiping will keep your windows in beautiful condition.
Surround a ring mold of green-tinted gelatine with marshmallow "bunnies" with painted features.
Hot fruit conserve served with warm buttered whole-wheat toast will nicely finish the kiddies' supper.
Before putting a meringue into the oven, sprinkle it with a little sugar and it will brown more quickly.
It is a good idea to carry a tube of shaving soap when travelling, to avoid dealing with the usual wet cake.
Simple desserts are best for the kiddies. They will like hot apple sauce served on split and toasted bran gema.
Before French-frying sliced potatoes, soak them in salted water in a bowl that has been rubbed with garlic.
For delicious fillets use two pounds of ground ribsteak-meat to 1 pound of granulated sugar and four beaten egg whites.

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Clothes at Westminster

Sartorial appearances do not count for much, if anything at all, in Parliament, but just as a matter of interest it may be suggested that if the members of the Government were ranged in a line either Lord Chelmsford, the head of the Admiralty, or Brigadier-General Lord Thomson, the head of the Air Force, would probably bear off the palm as the best-dressed man at Westminster. Both of them carry their clothes well and have an air of distinction.
For years past, members in matters sartorial have been daintily disdainful of the possibilities of the House of Commons as a rival to the Burlington Arcade, and the present Huss can do nothing towards restoring the softness of Parliament in this respect.
There are rich men in the House, but no one who looks aggressively affluent. The wealthier they are the more undistinguished are their clothes. There is no one now to replace Mr. "Lulu" Harcourt grasping the historical box with his jewelled aristocratic hands as he expounded policy from the Treasury bench; no one who looks quite so trim and debonair as Colonel Burn used to. Mr. Noel Egan, tall and slender, with his Vandrick-like beard, lends an "air" to the Treasury bench, and Mr. Trevelyan is another who is always well groomed. The Prime Minister is neat, and his collars and ties suggest that he is particularly about his neck wear.

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THE JUDGES' DECISION WILL BE FINAL.

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Smoking a Cigar

Scarcely more than one man in ten who smokes cigars takes the trouble to light them properly. The trick is comparatively easy once a few rules are mastered.
For example, do not light a cigar unless you are drawing on it simultaneously, otherwise the tobacco is converted into carbon and the aroma and flavour of the unburnt leaf is partly destroyed.
Equally important is the way a light is applied. To hold a cigar deliberately in a flame and put away until a portion of it is burnt causes overheating and depreciates the remainder.
In holding a cigar, do not pinch or squeeze it or the outside wrapper and the internal portion will crack and cause the cigar to "leak" so that it burns unevenly.
Sometimes one comes across a cigar that is a "lett." This is not a badly made cigar but one which has been rolled by the maker's left hand instead of the right. Thus when a right-handed smoker roughly handles a "left-handed" cigar the wrapper unravels and the cigar is spoiled.
On no account flick off the ash too often. It will fall off at the proper time. Likewise do not tear the leaf by biting off the cigar-end. If you do not possess a "cutter," then use a sharp penknife.
Avoid smoking quickly. A cigar smoked slowly always gives greater satisfaction because it is kept at a much lower temperature.
There is a difference between burning a cigar and smoking it. Overheat the best cigar by "coaling" up the tobacco and the result is a rank, badly burning cigar, unfit to smoke.
Although a relighted cigar cannot be expected to retain all its former flavour, much of the depreciation can be overcome by first blowing through the cigar.
In effect this drives out most of the stale smoke between the leaf. Only when this is done is it possible to taste more of the original flavour and less of the stale smoke.
After a cigar is alight let it cool a little, then keep it so. By drawing on it regularly, mildly, and moderately, your cigar will always smoke cool and sweet to the finish.
Finally, in smoking cigars continually, rinse out the mouth after each one is finished. Only in this way will every one have the fragrance of an early-morning smoke, and you will not be troubled with the hot staleness of the previous ones.

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