

EXCRUCIATING PAINS, CRAMPS

Entirely Remedied by Lydia E. Pinkham's Vegetable Compound

Bertha, Ont.—"I started with cramps and bearing-down pains at the age of eleven years, and I would get so nervous I could hardly sit in bed, and I had such pains that I would scream, and my mother would call the doctor to give me something to take. At eighteen I married, and I have four healthy children, but I still have pains in my right side. I am a farmer's wife with more work than I am able to do. I have taken three bottles of Lydia E. Pinkham's Vegetable Compound and I feel that it is helping me every day. My sister-in-law, who has been taking your medicine for some time and uses your Sensitive Wash, told me about it and I recommend it now, as I have received great relief from it."—Mrs. Anderson, O. R. I., Bertha, Ont.

Lydia E. Pinkham's Vegetable Compound is a medicine for ailments common to women. It has been used for some troubles for nearly fifty years, and thousands of women have found relief as did Mrs. Tott, by taking this splendid medicine.

If you are suffering from irregularity, painful times, nervousness, headache, backache or melancholia, you should at once begin to take Lydia E. Pinkham's Vegetable Compound. It is excellent in strengthening the system and help to perform its functions with ease and regularity.

Lady Wyvernes Daughter.

CHAPTER XXXI.
Her heart gave one great leap. What was it? Who had placed it there? She raised it and held it unopened for a few minutes in her hand. An instinctive dread of coming sorrow had seized her. Slowly unfolding it, she saw that it was in her husband's writing, and addressed to Luigi Carnello.

Never was stature more white and still than that hapless girl as she read every word of that fatal, cowardly letter. Every letter seemed to burn itself into her brain as she read. Then she sat as one in a hideous dream. "I will wait here until he comes," she said. "I will confront him with it, and know the truth at last." There was no tremor on that proud, pale face. She sat as erect and as haughty as a queen, awaiting the approach of the man who had helped to betray her. He came at last, and with a courteous bow and kindly words, Luigi attempted to take her hand. She withdrew it proudly, and a look of fear came into his face as he observed her haughty gesture.

"Luigi Carnello," said she, "stand there, as a criminal before his judge, and answer me. You say you were my husband's friend?"



In the Open Desert.

AN INCIDENT IN THE GREAT ROUND-THE-WORLD AIR FLIGHT

Major Blake, describing some of his adventures on the great attempted Round-the-World Air Flight, writes—

"On several memorable occasions when we were stranded in the desert with little or no food, Boveril was most valuable.

"I recollect one of the bitter cold nights in the open desert when our esparto machine and outsoles had to land miles away from

anywhere. We sat huddled up under the machine unable to sleep through cold, until we drained some petrol out of one of the tanks and heated some of our small supply of water. Then we opened up a Boveril tin, enabling us to thoroughly warm ourselves and get a little sleep.

"I cannot over estimate the value of this food to us. I should be extremely loath to undertake a trip of this nature without this food."

BOVERIL

Prevents that Sickening Feeling

"I was," he replied. "Did he write to you occasionally?" she asked.

"Often—almost every day," was the reply.

"Listen to this letter," she said, "and tell me if he wrote it." "Without a tremor or break in her voice, she read coldly and calmly—

"MY DEAR LUIGI—Come to me this evening about ten; I am in a most serious dilemma. I begin to wish I had never seen the belle of Serranto, as you call her, I must have been made to have shackled myself with a penniless girl. She is beautiful enough, but gold outweighs all beauty. D. M. has smiled upon me. If I had a little more sense, I might have secured the heiress, instead of throwing myself away upon a nobody. I was born under an unlucky star; come and tell me what it is to be done.

Yours ever,
RINALDO M.

"Now tell me," she said—"and I charge you to speak truly—was this letter written by Count Montalti to you?"

"It was," he replied.

"Then before he died," she continued, "he repented having married me, and regretted that he had secured the heiress of whom he speaks; tell me truly, do not spare me—was it so?"

"Yes," he replied, and she spoke.

"How basely he must have deceived me!" she said. "See, this letter is dated three weeks back. I saw him twice after then, and each time he professed greater affection for me.

Tell me, Luigi Carnello, you who knew his secrets, did he ever love me, or was it all a delusion?"

"He loved you at first," he said; "and then—then I think he grew tired of you, and regretted that he had married for money, as he had always intended to do."

"If he had lived," she said, "what would he have done with me?"

"Deserted you, most probably."

"That is enough, sir," she interrupted; "say no more; I understand now that I have been a credulous dupe. Listen to me, even as I tear this infamous letter into shreds, so do I tear the memory of Rinaldo Montalti from my heart. He deceived me; no one ever deceives a Monteleone twice. If he were living I would curse him; as he is dead I give him my undying contempt; and as for you, sir, false friend, false man, never dare to venture into my presence again, never dare to speak of me or to remember that I live."

She waved him imperiously from her presence.

"What a scene!" he said slowly to himself when he was quite away, and far upon the road. "She is a perfect 'tragedy queen.' If I had been Mon-

PIMPLES ON HEAD AND NECK

Small and Formed Sore Eruptions, Skin Sore and Red. Cuticura Heals.

"Pimples broke out on the back of my head and neck." At first the pimples were small and then ran into each other and formed sore eruptions about the size of a ten cent piece. The skin was sore and red and itched a great deal, causing me to scratch.

"I had the trouble about six months before I began using Cuticura Soap and Ointment, and after using three cakes of Soap and three boxes of Ointment I was healed." (Signed) J. A. Macdonald, Giffard, Quebec.

Buy Cuticura Soap, Ointment and Talcum to care for your skin.

Send this card to: Cuticura, The J. C. Giffard Co., Montreal, P. Q., Canada. They will send you a sample of Cuticura Soap without charge.

Just that. Here is the sort of thing I mean.

In one of Margaret Deland's beautiful stories one of her characters says: "I remember when my first baby was coming I was very forlorn and I couldn't do anything or go anywhere, and Henry stayed at home with me like a saint. I told father that I was told Henry it was hard on him to sit at home with a sticky wife." And father said, "If you tell him so often enough he'll agree with you."

"I Can See You Are."

There is a word which the psychologists use a great deal lately—the word suggestibility. It means a person's capacity for being influenced by suggestions. Many people have this capacity in a very high degree.

They are the people who cannot read a patent medicine ad without fancying that they have all the symptoms. The patent medicine maker knows about this tendency and deliberately makes use of it. He means to plant ideas in their minds.

But the woman who says: "I don't believe you love me as much as you used to," I suppose I am getting old and unattractive, or "I wish I were clever like Mrs. B. and understood all about politics and economics, but you know I was a silly little thing when you married me," or "You have a good enough time when there's anyone else

SIDETALKS.

By Ruth Cameron.

HUSBANDS AND ELASTIC BANDS.
If you do not want to make an idea take hold upon a person it is not a good thing to suggest it to that person constantly. And yet a great many women do just that. Here is the sort of thing I mean.

Several times I have caught myself indulging in self-pity because someone had suggested to me that I deserved sympathy for something that up to that time, I had never realized was a burden. Surely you have had that same experience. That's what suggestibility can do. Look out for it.

Ready to Pity Ourselves.
It is a splendid thing to know one's weaknesses and faults, to admit them when one is accused of them and make known one's determination to do better. But it is just as well not to force them on one's husband's attention or to suggest to him reasons for being dissatisfied.

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Ford's Candidacy Commands Attention.

Washington, June 9. (By Canadian Press.)—Developments with respect to Henry Ford as a presidential possibility continue to command attention among the leaders of both political parties. Mr. Ford's activities have reached a stage where it is giving concern to many democratic chiefs and is also giving warning to republican leaders. Democratic politicians who have been in the South recently have come to Washington in the last few days declaring that Ford will get the delegates of several Southern States, that most of the Southern delegates will be either for Ford or McAdoo, and that Senator Underwood, outside of Alabama, will have little backing from the South. It is declared that practically every Southern delegation will have some Ford delegates. Heretofore, it has been generally supposed that McAdoo and Underwood would get the Southern delegates. The recent visit of Mr. McAdoo here has stirred up much democratic political gossip and one phase of it is the fact that an increasing number of democratic leaders are showing friendliness to Ford. They are asserting that Ford would command a big vote and make a strong run at the polls. Republican leaders, though insisting Mr. Harding will be re-nominated and re-elected, admit that the nomination of Henry Ford would create a highly uncertain situation, and that it is impossible to gauge his power as a vote-getter. One theory is that Ford would be easily vanquished and another that the more Ford was attacked by his opponents, the stronger he would become with the great body of voters.

NEGRO IMMIGRATION Causing Controversy.

New York, June. (Canadian Press)—A new cause for "enmity" between the North and South has arisen in the controversy over the migration of Southern negro laborers to Northern states. For some time past the high wages paid in the North have resulted in a steady flow of negroes from the South, much to the chagrin of Southern contractors who are beginning to experience a manual labor shortage due to this exodus. Steps are now being taken to prevent laborers leaving Southern states for the more remunerative wages of the North. A dispatch from Greensboro, N.C., recently told of a \$500 fine being imposed upon a man apprehended in the act of "secretly enticing laborers to leave Greensboro for Harrisburg, Pa." Another labor agent was fined \$1000 for "enticing labor without a license." He was placed under arrest while bringing a party of twenty-five negroes to a New Jersey cement plant.

GETTING EYEN.

Tobias Gangling came around and gathered up my cow, and took her to the village pound, where she is in durance now. As soon as I can raise the price I'll go and buy her this, for every hour I miss her, twice that good old cow of mine. Old Gangling's had it in for me, he's hated me with vim, since I chopped down a banyan tree he said belonged to him. He's waited long to even up, and see his threats come true, and make me drink the bitter cup that holds a wormwood brew. And shall I go with bitter words and roast him for his trick, with language that would scare the birds and make my pastor sick? Oh, shall I, an avenger drest, tramp down on Gangling's toes, and punch his weather-beaten head, and tweak his ears and nose? Such vengeance always is a fluke; when someone scars my hide, I find the heaviest rebuke is kindness well applied. So I'll approach this Gangling with kindly gulp and jest, and treat him, so absurdly right, and treat him, so absurdly right, remorse, will fill his breast, I'll look for chances to relieve the ill he may endure, I'll cheer him when he's prone to grieve, when sick I'll bring a cure. With weary hands he'll brush the sweat from his repentant brow, recalling with a wild regret the day he jalled my cow.

CHILDREN AND MEMORY.

A good memory is an asset to every woman and should be inculcated during early childhood. It is inadvisable constantly to tell children what they ought to do.

Memory training should be an important part in every school curriculum. Mental laziness in children should be realized and checked by parents and teachers, and this can be done by rousing a child's interest in certain things—and keeping it stimulated.

Mental effort is always necessary to maintain a good memory, but if this has been insisted on from childhood it soon becomes to be an effort and becomes a habit.

WOMEN IN GENERAL HAVE THEIR POWER TO RETAIN YOUTH FOR LONG PERIODS.

Women, although many of the unware of it, are far more prone to outward impressions than men, and in cultivating this themselves young.

The fact that many people women grow old quicker than men has nothing to do with the case; many women do not tell their ages in the first place. Perhaps a family to look after a few babies, sex. But in later life the difference young outlives this keen sense beauty and takes her enjoyment of or less as a child in the song of bird, in the sunshine and the blue and forgets quickly the petty pain and annoyances which fill the lives of the women who fail to appreciate the best gift—simple-mindedness.

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MARVELS OF THE DEEP.

TORCH FISH IS QUEEREST OF THE SEA CREATURES.

Of all the luminous varieties of fish the torch fish is one of the queerest. It is a writer in Popular Science magazine, in an interesting article on "Strange Water Creatures." Upon its nose, and erect upon a short stem, is a small organ which is phosphorescent.

"This fish has the power to make it glow at will. A long and slender filament swings from beneath its lower jaws turted at the free end, and the torch fish moves this about like a little bait. The small fish are attracted by the light of the torch, and they dart about unhesitatingly in the region of their allures' opening mouth, which is open and ready to devour them. Of the ordinary lantern fishes little can be said to explain their luminous organs and their functions. So little is known of the conditions to which the deep-sea species are subjected that the real function of their lanterns can only be surmised. It may be certainly said, however, that these lights are an asset in procuring food, because they aid the fish to find its way about in the murky depths.

"The blind fishes represent a very odd division of the water's inhabitants. This group of fishes is a very ancient one, for it has taken many generations of them to have evolved to the point where their eyes atrophied to nothing. When the fish first swam inadvertently into the subterranean caverns, they proceeded into total darkness, where their eyes became useless. Among those individual fish capable of carrying on their lives under such untoward conditions many generations found less and less use for their eyes, which became functionless, and were finally eliminated.

"On the other hand, many fishes which live in the deep seas where it is for ever dim, have made extra effort to rub the light; and in these cases the eyes have become larger and larger through the succeeding generations. This is a striking example of the result of an effort to maintain the organ of sight at any expense, and is in direct contrast with the lack of effort of the blind fish, which did not fight the gradual loss of its eyes, and consequently completely sacrificed them.

"In speaking of the eyes of fish, an extraordinary fact about the common plaice flounder comes to light.

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A Girl's Face Is Her Fortune

Because it is the greatest of all womanly charms, a skin which is fresh, smooth, and alluring with the radiance of health, predicts a happy future.

Don't be content to have a lifeless, sallow and powdered harmless beautifier—but start fresh every day on a clean foundation.

Every girl can have a beautiful attractive skin if she will only learn to give it proper care.

Thorough cleansing with a fine mild soap once a day, is the secret. Cold cream is beneficial when applied to a clean skin, and rouge and powder are harmless beautifiers—but start fresh every day on a clean foundation.

Keep your skin active and it will be clear, fresh, youthful and attractive.

Soap to be thorough need not be harsh. The mildest toilet soap is the most thorough of cleansers, as you will know after you try Palmolive.

Its mildness and thoroughness are due to the same source—the scientific blending of Palm and Olive oils, the natural cleansers discovered thousands of years ago in ancient Egypt and made use of by Cleopatra.

Palmolive freshens, lightens and stimulates the skin, leaving it delightfully fresh and rosy.

You can buy Palmolive Soap at all first-class dealers.



F. M. O'LEARY DISTRIBUTOR

Marvels of the Deep.

TORCH FISH IS QUEEREST OF THE SEA CREATURES.

Of all the luminous varieties of fish the torch fish is one of the queerest. It is a writer in Popular Science magazine, in an interesting article on "Strange Water Creatures." Upon its nose, and erect upon a short stem, is a small organ which is phosphorescent.

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Just Folks.

By EDGAR A. GUEST.

A NEW DAY.
Come on let's start anew today. Let's ring the old mistakes and the failures and the hurts and the misery of by-gone things. And wipe the slate of what has been. Here is a morning fresh and clean. Unsharpened by a rusty past. A day no shame has overcast.

What was has gone. Along let us with splendor fill today. With this hour let us start anew. Brave for the task we find today. What if we have not borne well. To prove our worth 'tis not too late. With what of life remains we live. In every trial play the mas.

Forget the past, though thick with shame and failure and regret. Here is a new and shining day. Of which no mortal tongue can say an evil word. 'Tis yet too soon. Until the fading afternoon. It waits upon us all to see. How we shall write its history.

No man so low, but cannot say 'I will not stoop to shame today. Beginning now I will be true. This day I start my life anew. I can be useful and I will. Life has a place for me today. Who would he good has but to 'I start my life anew today.'

Mistake to Yield to A.

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