WOMEN OF MIDDLE LIFE

A Dangerous Period Through Which Every Woman Must Pass

Practical Suggestions Given by the Women Whose Letters Follow

Afton, Tenn.—"I want other suffering women to know what Lydia E. Pinkham's Vegetable Compound has done for me. During the Change of Life I was in bed for eight months and had two good doctors treating me but they did me no good. A friend advised me to take Lydia E. Pinkham's Vegetable Compound, which I did, and in a short time I felt better. I had all kinds of bad spells, but they all left me. Now when I feel weak and nervous I take the Vegetable Compound and it always does me good. I wish all women would try it during the Change of Life for I know it will do them good. If you think it will include some one to try the Vegetable Compound you may publish this letter."—Mrs. A. KELLER, Afton, Tenn.

Mrs. Mary Lister of Adrian, Mich., adds her testimony to the value of Lydia E. Pinkham's Vegetable Compound to carry women safely through the Change of Life. She says:

"It is with pleasure that I write to you thanking you for what your wonderful medicine has done for me. I was passing through the Change of Life and had a displacement and weakness so that I could not stand on my feet and other annoying symptoms. A friend told me about Lydia E. Pinkham's Vegetable Compound and the first bottle helped me, so I got more. It cured me and I am now doing my housework. Your medicine is certainly woman's friend and you may use this testimonial as you choose."—Mrs. MARY LISTER, 608 Frank Street, Adrian, Mich.

It is said that middle age is the most trying period in a woman's life, and owing to no known methods of living not one woman in a thousand passes through this perfectly natural change without experiencing very annoying symptoms.

Those smothering spells, the dreadful hot flashes that send the blood gushing to the head until it seems as though it would burst, and the faint feeling that follows, as if the heart were going to stop, those sinking or dizzy spells are all symptoms of a nervous condition, and indicate the need for a special medicine.

Lydia E. Pinkham's Vegetable Compound is a root and herb medicine especially adapted to act upon the feminine system. It acts in such a manner as to build up the weakened nervous system and enables a woman to pass this trying period with the least possible annoying symptoms.

Women everywhere should remember that most of the commoner ailments of women are not the surgical ones—they are not caused by serious displacements or growths, although the symptoms may be the same, and that is why so many apparently serious ailments readily yield to Lydia E. Pinkham's Vegetable Compound, as it acts as a natural restorative and often prevents serious troubles.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent to you free upon request. Write to The Lydia E. Pinkham Medicine Co., Lynn, Massachusetts. This book contains valuable information.

ASTHMA

DR. J. D. KELLOGG'S ASTHMA REMEDY for the prompt relief of Asthma and Hay Fever. Ask your druggist for it. 25 cents and one dollar. Write for FREE SAMPLE. Northrop & Lyman Co., Inc., Buffalo, N.Y.

Dr. J. D. KELLOGG'S REMEDY

Good Farm Lands

Choice heavy clay loam soil underlaid with limestone in Michigan's Wonderland. Clover Seed Belt—price $40.00 to $100.00 per acre. These are Beech and Maple lands, timber removed.

Let Clover and Alfalfa Seed Crops pay for your land. Reasonable down payment and easy payments thereafter.

Why be a renter or work for others when you can be independent?

Write today for full particulars and booklet.

Thad. B. Preston, Onaway, Mich.

HER REALLY BRIGHT THOUGHT

Mary Ellen Had Shrewd Scheme for Making Sick Children Satisfied With Their Lot.

Little Mary Ellen McKee is, as she terms it, "just half past four," and lives around the corner from the Union hospital in Terre Haute, says the Indianapolis News. Recently she received a tricycle, which she rides morning, noon and night. At first her rides were confined to her own street, but the other day she wished to ride around the corner.

"But the little sick children at the hospital will see you, and then they'll be unhappy because they can't ride, too," her mother told her.

Mary Ellen was silent a minute. Then she said earnestly: "Well, then, mother, I won't ride past the hospital. When I get in front of it I'll get off and push it like it was hard work, and then they won't be unhappy. They'll be glad they can lie in bed and not have to push things like tricycles."

Some Squad.

First Coach—Why, I thought you said if your football team became vegetarians they would win all their games. How do you account for those they lost?

Second Coach—Why, the opposing team threw garden hoes on my men and they became afraid.

MADE QUEER HIDING PLACE

Sleeping Appurtenance Proved Effective in Concealing Elongated Individual in Lady's Bedroom.

Lord Rosslyn, who has just died in England, was a great sportsman and hunter, and had many good stories, not only of the hunting field, but of life in many other places. One of these concerned his friend, Bay Middleton, whom he describes as one of the best riders to hounds that ever lived, and runs as follows:

"Bay once bet a lady that he could hide so effectually in her bedroom that she could never discover him. She hunted then and low, but never a trace of the hidden one could she see.

"The lady was completely at her wits' end, and at last, when she had literally gone all over the room inch by inch, she was startled out of her seven senses by hearing Bay's voice exclaiming: 'Hullo! I can see you.' This was a puzzler and no mistake, but the mystery was at last solved, for Middleton, who was long and thin, had got inside the bolster!"

Willing to Serve.

"Want to go on an investigating committee?"

"If it is headed in the right direction. I don't mind investigating ice conditions in Havana harbor."—Louisville Courier-Journal.

It's Really Amazing

the amount of nourishment you'll find in a small dish of

Grape-Nuts

with cream or good milk added

Sweet with its own sugar, developed from the grains in the making, this sturdy blend of wheat and malted barley contains, in compact form and at low cost, the nutritive and mineral elements needed to build health and strength.

MARKETS

Furnished By U. S. BUREAU OF MARKETS Washington, D. C.

Grain

Prices fluctuated with narrow limits the past week. On the 9th bulk of trading local: export demand only fair. Three hundred fifty thousand bushels wheat sold Germany and Belgium; Pacific Coast reports 200,000 bu. sold Japan on the 8th. Coarse grains firm and steady.

For the week: Chicago May wheat down 4 1-4c at $1.32 7-8; May corn unchanged at 60c. Minneapolis May wheat down 3 4-8c at $1.29 3-8; Kansas City May 4 1-4c at $1.24 3-4; per Winnipeg May 1 1-2c at $1.66 1-4. Minneapolis flour demand dull. Kansas City milling demand fair; export demand slow. No. 2 hard 50c over Kansas City Mar.

Hay

Most markets depressed; low grades hard to move. Receipts increasing. Memphis market very quiet, scarcely anything doing. Country buildings here in west, heavier in east. Southeastern markets report light arrivals, poor demand. Receipts 9m Cincinnati large, in Chicago and Kansas City authentically heavy to cause break in prices. Demand probably continues below normal.

Quoted: No. 1 timothy $22 Cincinnati, $24.50 Chicago, $27 Memphis, $29.50 New York; No. 2 timothy $19.50 Cincinnati, $21 Chicago, $23 Memphis, $27.50 New York; No. 1 alfalfa $17 Cincinnati, $27 Memphis, $17 Minneapolis; No. 1 prairie $14 Kansas City, $15 Minneapolis.

Feed

Wheat feeds again on the decline and bran and middlings moved at $16 and $17 respectively in Minneapolis market. Hominy feed also easier, quoted at $29.50 St. Louis for white, $30 yellow. No. 1 alfalfa meal sold but little at $19. Linseed meal has been offered in Northeastern territory at $1 per ton less than all half.

Quoted: Gray shorts $21.50, brown shorts $17.50 Kansas City; No. 1 alfalfa meal $21 St. Louis; winter wheat bran $17 Kansas City, $23 Memphis.

Dairy Products

Increasing supplies and very unsettled feeling in butter market during the week has resulted in a sharp decline of three cents in most markets, although prices were a little steadier on the 8th and 9th. Some dealers believe weakness temporary but much will depend upon weather conditions the next few days.

Closing prices 92 score: Philadelphia 56, Boston 56, New York 49, Chicago 46 1-4.

Live Stock and Meats

Prices of practically all classes and grades of live stock at Chicago declined the past week. Hogs broke 50 to 75c per 100 lbs. Medium and light weight butcher steers declined 50 to 75c, butcher cows and heifers 25 to 50c. Fat lambs declined 25c. Feeding lambs 50c per 100 lbs. Yearlings and fat ewes practically steady.

April 9 Chicago prices: Hogs, bulk of sales $9.25 to $9.60; medium and good beef steers, $7.75 to $9; butcher cows and heifers $4.50 to $9; feeder steers $7 to $9; light and medium weight veal calves $8.50 to $9.50; fat lambs $7.75 to $8; feeding lambs $7 to $7.75; yearlings $7.25 to $8; fat ewes, $3 to $7.

The trend of eastern wholesale fresh meat prices was downward.

April 8 New York dressed meats: Beef 16 to 17c; veal 16 to 20c; lamb 17 to 22c; mutton 12 to 16c; spring pork loins 19 to 22c; cutlets 24 to 27c.

Fruits and Vegetables

Potato markets down 15 to 20c at Northern shipping points, closing 10 to 20c net lower on the week. This was called market of new low level of season. New York round white sacks weaker New York by $1 to $1.15 bulk.

Shipments week ended April 8 were 20 cars of potatoes, compared with 24 cars preceding week.

New York food storage: Railway supplies 20 to 30% of city wholesale markets; 35 to 40% local; 30 to 35% Chicago lower at 25 to 30%. Northern, per cwt.: Green Mountains, $3.25 to $3.50; Rurals, $3 to $3.25; Minnesota and Dakota Ohios, $2.75 to $3; per bbl.: small sized, $1.50 to $1.75.

Shipments barrel apples 213 cars compared with 182 in the preceding week. Middle-western shipments show up 50% per lbs. to 30 Eastern markets at 75c to $1.25.

DETROIT QUOTATIONS

Feed and Grain

WHEAT—Cash No. 2 red, $1.33; May, $1.32; July, $1.26; No. 2 white and No. 2 mixed, $1.46.

CORN—Cash No. 3 yellow, 62c; No. 4 yellow, 58c; No. 5 yellow, 55c; No. 6 yellow, 52c.

OATS—Cash No. 2 white, 43c; No. 3 white, 41 1-2c; No. 4 white, 38 1-2c.

RYE—Cash No. 2, $1.16.

BEANS—Immediate and prompt shipment, $4.35 per cwt.

SEED—Prime red clover, $12.25; April, $9.75; alsike, $14.25; timothy, $3.

FEED—Bran, $30.50; standard middlings, $27.50; fine middlings, $29.50; cracked corn, $31.50; coarse cornmeal, $29.50; chop, $29.50 per ton in 100-lb. sacks.

HAY—No. 1 timothy, $26@31; standard, $25@27; light mixed, $26@28; timothy, $18@19; No. 1 clover mixed, $17@18; No. 1 clover, $16@18; rye straw, $13@14; wheat and oat straw, $12@13 per ton in carlots.

FLOUR—Fancy spring wheat patents, $6.90 in lots; fancy winter wheat patents, $6.80@6.85; second winter wheat patents, $6.60@6.65; straight winter wheat patents, $6.30@6.35 per bbl.

Live Stock and Poultry

CATTLE—Best heavy steers, $8.75@9.25; fair to good heavy weight butcher steers, $8@8.50; mixed steers and heifers, $7@8; light butchers, $6@7.50; best cows, $6@6.50; butcher cows, $5@5.50; cutters, $4@4.25; canners, $3@3.50; best light bulls, $6.50; bologna bulls, $5@5.50; stock bulls, $5@5.50; feeders, $7@7.50; stockers, $6@7.50; milkers and springers, $45@95.

SHEEP AND LAMBS—Fair lambs, $8@8.25; light to common lambs, $5@6; fair to good sheep, $4@4.50; culls and common, $1@3.

HOGS—Mixed, 90@200 lbs., $9.50; 200 pounds and up, $9.25; stags, $5.50@6; boars, $4@5.50; pigs, $9.50.

CALVES—Best grades, $10.50@11; others, $4@9.

LIVE POULTRY—Spring chickens, smooth legs, 25c; spring chickens, stags, 24c; hen hens, 24@25c; medium hens, 20c; old roosters, 16c; ducks, 25c; geese, 20c; turkeys, 30c per lb.

Farm and Produce

APPLES—Fancy, $4.25@4.75; firsts, $4.50@5; seconds, $3@3.50 per bu; western boxes, $2.75@4.50.

NEW POTATOES—Florida, $13@14 per bbl.

POTATOES—Michigan, $1.65@1.75 per 150-lb. sack.

DRESSED HOGS—Light, 12@13c; heavy, 10@11c per lb.

CABBAGE—$26@25 per ton; new cabbage, $4@5.25 per crate.

DRESSED CALVES—Choice, 13@14c; medium, 11@12c; large coarse, 7@9c per lb.

LETTUCE—Imperial valley heads, $4.50@5; Los Angeles icebergs, 4.25@4.50 per case; 11@12c per lb.

Butter and Eggs

EGGS — Fresh current receipts, 24@24 1-2c per doz.

BUTTER—Fresh creamery, 46c per lb.

Better Observance in Future

Washington.—The nation will settle down in the next year or two, Attorney General Daugherty says, to a more complete observance of prohibition laws and there will be less "bootlegging." Prohibition enforcement is at present a hard job, he added, and dockets of district attorneys are crowded with cases awaiting action.

Tallest Tree Blown Down

Stockton, Cal.—The LaFayette, the tallest tree in the Calaveras grove of big trees, 35 miles east of here, has been blown down. The tree was 300 feet tall and had a diameter of 30 feet at the base.

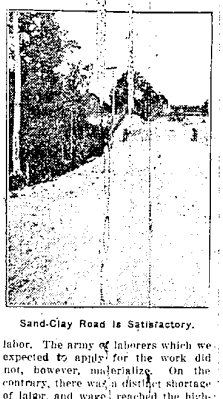
IMPROVED ROADS

ROAD CONSTRUCTION IN 1920

Distinct Shortage of Labor and Higher Cost of Materials Among Difficulties Encountered.

Every kind of road cost about twice as much to build in 1920 as it did in 1917, according to the chief of the bureau of public roads, United States Department of Agriculture, and highway construction suffered more than any other class of work through railroad congestion, strikes, labor troubles, and material shortages.

After the war there was a great public demand for improved roads. Many roads had been seriously damaged by war traffic, and it appeared that the return of men from military service would provide an abundance of



Sand-Clay Road Is Satisfactory.

labor. The army of laborers which we expected to apply for the work did not, however, materialize. On the contrary, there was a distinct shortage of labor, and wages reached the highest levels attained in the history of the country. In 1917, competent labor could be secured for from $1.50 to $3 per day, but the corresponding wages in 1920 were from $3 to $5 for a shorter day's work.

In proportion to this demand there was also a pronounced scarcity of construction materials. Sand, gravel, stone and cement, and materials commonly used in road work increased in price between 1917 and 1920 from 50 to 100 per cent. Naturally, these increases in cost were reflected in the prices paid to contractors for road work. Gravel roads increased from $4,535 to $7,250 per mile; concrete from $21,165 to upward of $40,000 per mile, and brick roads from $33,000 to $55,000 per mile.

As funds available for road construction are largely limited by statute, or by the returns from taxation, a majority of the states this year have deliberately withheld work, the plans for which had been completed, until they could obtain a greater return for their expenditure.

MORE GOOD ROADS BIG NEED

Will Increase Growing Popularity of Automobiles and Help Build Up Communities.

To determine the average mileage the automobile owner covers in a pleasure trip in the evening after the day's work is over, an investigation among 250 owners in a middle western city of around 300,000 population resulted in an average of 38 miles. Sixty-two per cent stated they would make longer trips if the roads permitted, 85 per cent stated they usually made their trips out into the country.

From these figures it is easy to see that more good roads will increase the growing popularity of the automobile, which will in turn help to build up communities, relieving congestion in the crowded cities, create a wider circulation of money, increase realty values, lower transportation costs and introduce "America First" to more people.

ROAD SOILS DIFFER WIDELY

Just What Characteristics Are Which Make Them Different Puzzles Highway Engineers.

The federal highway engineers point out that soils differ widely in their ability to support loads, particularly when they are wet. Just why this is true and just what are the characteristics which make them different is little understood at present. It is in this field of investigation, of increasing importance because of the growing volume of heavy traffic, that the federal investigators expect to secure important information.

ADVANTAGES OF PAVED ROADS

Give Ever-Increasing Share of Service in Providing Safe Highways for Motor Traffic.

Paved roads are giving an ever-increasing share of service in providing safe, permanent, dependable highways for heavy motortruck traffic, relieving railroads of much short haul, lessening terminal congestion and in these ways making the handling and shipment of supplies much easier.

WRIGLEY'S

"After Every Meal"

Next time you want to concentrate on a piece of work just slip a stick of WRIGLEY'S between your teeth.

It's a wonderful help in daily tasks—and sports as well.

Hazards disappear and hard places come easy, for WRIGLEY'S gives you comfort and poise—it adds the zest that means success.

A great deal for 5c

The Flavor Lasts

SEALED TIGHT KEPT RIGHT

B11

Where Wizardry Fails.

Knicker—Is that seer any good?

Bocker—No; she could tell my fortune, but not my income tax.

Had Experience.

In the old days of the draft an examiner was putting Sambo through the usual course of questions. "Any previous military experience?" "Lord, yes, boss," replied Sambo. "I'se an old-timer. Ise been shot at three times befo' they ever was a war."

LUCKY STRIKE

Cigarette

To seal in the delicious Burley tobacco flavor,

It's Toasted

The American Tobacco Co.

WOMEN NEED SWAMP-ROOT

Thousands of women have kidney and bladder trouble and never suspect it.

Women's complaints often proved to be nothing else but kidney trouble, or the result of kidney or bladder disease.

If the kidneys are not in a healthy condition, they may cause the other organs to become diseased.

Pain in the back, headache, loss of ambition, nervousness, are often times symptoms of kidney trouble.

Don't delay starting treatment. Dr. Kilmer's Swamp-Root, a physician's prescription, obtained at any drug store, may be just the remedy needed to overcome such conditions.

Get a medium or large size bottle immediately from any drug store.

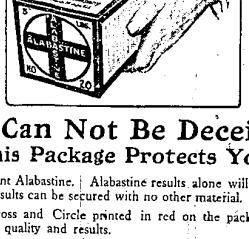
However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

Sarcastic.

"That's a bad cold you have."

"Yes. Sometimes I wish I could have got a good one for a change."

The nationally accepted wall tint



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You Can Not Be Deceived!

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You want Alabastine. Alabastine results alone will satisfy you. Alabastine results can be secured with no other material.

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Alabastine is artistic, sanitary, durable and economical. Alabastine will permit you to put your own individuality in your home, match your rugs and furnishings, and have complete color harmony in all your rooms. Combining and intermixing the different tints enables you to secure unlimited color effects.

Alabastine requires only pure, cold water to mix and can be used on all interior surfaces, plaster, wallboard, over smoked and grimy painted walls, or even over wall paper that is solid and has no raised figures or aniline colors. Best paint dealers everywhere sell Alabastine. Write us direct rather than take a substitute

Alabastine Company

1651 Grandville Ave. Grand Rapids, Mich.