

## Heart and Beauty Problems

By Mrs. Elizabeth Thompson

Dear Mrs. Thompson: I am twenty-six years old and have been married seven years. I have a little boy four years old. My husband has part night work and so is too tired to do anything at home.

He gets \$140 a month. I do all my own work, washing, ironing, and take care of the garden, chickens and cow. Many times I have night work when my boy is sick. My husband gives money to spend and buys me very few clothes. I never go anywhere, even to church. I have been home so long I do not miss it as I did at first. But it is just as I do right things for my child when I am alone so much? My husband does not want me to read; it is a waste of time. I am very nervous, but he says I could control that if I tried and if I work hard enough it will take my mind off myself. He says he will stop working if I am not willing to stay at home and help save.

I love my husband and have tried hard to please him and always take his part when others criticize him. I have faults, too. I am so tired and my giving up only makes him more selfish. What can I do?

### DISCOURAGED WIFE.

Without a doubt your husband's intentions are good and he thinks he is treating you fairly. But he is not, he making a slave of you.

First of all go back to church. Do not worry about your clothes. Your mind needs food. After you have been out and mingled with others again and got a different point of view, you will be less nervous and more fit to mother your child.

Reading is not "a waste of time." It shows ignorance to believe such a thing. Refresh your thoughts every chance you have with good books. Also read to your child. He will never forget the stories you read him and he will remember the hours spent that way as his happiest in childhood.

Your husband has not assumed his share of the work. If you do the

housework, including the washing and ironing, he should take care of the garden, chickens and cow as much as he can. Of course some of the care would fall upon you because of his irregular hours at work.

You are nervous because you are alone so much. Take time to go away from home. Cultivate friends. Your husband will be jealous of your new interests and will complain and scold. Disregard what he says and act independently. When he threatens to stop work, tell him that if he does you will leave him. There is no reason why you should put up with a husband who will not work. You could get a position as housekeeper and take your little boy with you. Of course I do not advise this unless your husband gives up his position and loaf.

Consider yourself first. Your husband will grow more selfish all the time unless you assert yourself.

Dearest Mrs. Thompson: There is a girl I run around with, but of late have heard things about her.

(1) Should I run around with her or not?

(2) Would I get my name up if I did?

(3) I love a boy and he loves me, but we don't get along very well. Is it true love? I am nineteen years old.

### BABY DOLL.

(1) If you chum with the boy you are in a position to judge for yourself what her character is. If you have reason to know that the criticisms are true, tell her that you cannot approve of the things she does. If she remains careless about her conduct, let her go her way, and find new friends for yourself.

(2) If you associate with people who do not care about their reputation, you will be judged to be in their class.

(3) No, it is not true love. If it were, you would be happy together and think too much of each other to quarrel.

## True Stories of Successful Women

By Edith Moriarty

Emma Bondell was twenty-eight years old and the mother of three pretty little girls and one boy when she decided that she would support the family. Her husband, who was ten years older than Emma, was not successful. He had a few dollars, but he was not ambitious.

When the Bondells were first married he was earning fifteen dollars a week and when Mrs. Bondell made her great decision he was earning twenty-two dollars a week as clerk in a hardware store.

Emma Bondell was a milliner before she was married and she had always kept in practice by making her own hats and those for the kiddies. When she was twenty-eight she had a bank account of just eight hundred dollars, which she had pinched and scrimped and squeezed out of her husband's small salary.

Mr. Bondell wanted to invest it in a house in the suburbs, but Emma insisted that she was going to invest it in something which would bring more money into the family purse. Many long and sometimes a bit heated were the arguments which took place before the matter was finally settled. The settlement came about rather suddenly. One day while the eight hundred dollars was hovering between a new house and another year in the bank, Emma met a friend who used to work with her before she was married. Her friend now owned a millinery store of her own, a small one, but a paying business.

She mentioned that she wanted to sell it because she was going to be married and move to another city. Emma decided then and there where that eight hundred dollars would go. She asked her friend what her expenses were, what she made, and how much stock she had, then she hurried home to tell her husband of her plan.

**Husband Not Enthusiastic.** Mr. Bondell was not enthusiastic when he heard that Emma intended to take the eight hundred dollars savings and invest it in a business. She would lose the money and wear herself out in the bargain with worry and work.

Emma had decided, however, and finally it was agreed upon. She bought out her friend and started in the millinery business for herself. The Bondells moved nearer to the store so that Emma could attend to the housework and the children also. The first year was a hard pull and they did little more than break even.

Bondell continued his work at the store and his salary still paid the rent and groceries and other household bills. Emma used what little money she did make the first year as a nest egg for the children.

**Earnings Were Small.** She always said that the children should have all the advantages and opportunities that she and her husband had missed, but the first year's earnings from her business looked like a very small beginning.

The second and third year found

the Bondell millinery salons in a much more flourishing state and by the end of the fourth year Emma was convinced that she was a better wage-earner than her husband. She needed more help, but she was not ready to give up her business. She took over the millinery store and they thought that this job offered a solution of that difficulty.

Bondell left the hardware store and started to do the bookkeeping for his wife. At the end of the fifth year the Bondells bought the home which they had longed for so many years and which had been out of the question after their eight hundred dollars had been sunk in the hat store.

**Given Many Opportunities.** At the end of another five years her daughters were reaping many benefits from their mother's foresight. One of the girls entered college and the other two were preparing to enter. All of the girls and the boy also, had been given the chance to study music, painting, dancing or almost anything else that they cared to do. In fact they all had advantages which they could never have hoped for on their father's twenty-two dollars.

Mr. Bondell also gained much from the store, for as he learned more about the business he became more interested and finally he was made a partner. There was nothing subservient or lowly about the place which Mr. Bondell held in his family for the children idolized him and Emma never had a cross word with him.

The mere fact that she had the ability to earn money more readily than he never caused any dissension in their home life and once they decided what to do with eight hundred dollars they had settled once and for all the money question for the family.

**Girls Went to College.** Two of the girls went to college and the third went into the store. Another five years found both Emma and her husband retired and their

**SAYS PROBLEM IS SOLVED NOW; OFFERS THANKS**

**King Finds Long Needed Relief in Trutona After Other Medicines Failed.**

BRAZIL, Ind., Aug. 26.—"I have found in Trutona the one medicine that has given me long looked-for and desired relief," John D. King, 815 West North street, said recently. Mr. King was formerly a mine boss at the Monarch Mine and he is known to hundreds of miners in this vicinity.

"For the past two years I've been suffering from rheumatism," he continued. "My stomach was out of shape, too. I had no appetite, eating very little of any food as I never got any satisfaction out of what I ate. I had the rheumatic pains all over my body almost. Needless to say, I was very weak and felt all run-down."

"I had tried a number of different medicines and treatments for my ailments but they did not relieve me any at all. But Trutona has given me the relief I have so long needed. Why, I can eat a meal now and thoroughly enjoy it. Yes sir, I'm glad to recommend Trutona."

Mr. King's is but one of thousands of cases where Trutona has given long needed relief after other medicines failed. If you are suffering from stomach, bowel, or liver troubles, nervousness or the like, give Trutona a trial today.

Trutona is now being introduced and explained in Richmond at Thiel's, Thiel's drug stores.—Adv.

second daughter running the Bondell Millinery Salons.

Of the other two daughters one was married and one was a school teacher. The boy, who was the youngest in the family was preparing for college. Today Emma is forty-five and her husband is fifty-five and they are doing all of the things which they wanted to do at twenty-five and couldn't, and they are still young enough to enjoy them.

Emma is loath to talk about her success, but both she and her husband beam and grow enthusiastic when they mention "their little girl who is doing well with the business now."

## Household Hints

Dried sweet corn is a delicious food fully equal, if not superior, to canned corn, and capable of use for practically as wide a variety of purposes. Any of the varieties of sweet corn having qualities desirable for table use will make a good dried product. Corn intended for drying should be gathered when the silk stage, before glazing and hardening have begun when the corn is in an ideal condition for immediate table use. It should be gathered only as rapidly as it can be prepared for drying, as corn deteriorates rapidly.

Husk the ears and trim with a knife to remove any injuries. The silk need not be removed, as it can be readily separated from the corn after drying. Place the ears in wire baskets or wire-bottom boxes and plunge into boiling water for 8 to 12 minutes, or until the milk is done in a dryer, or one to two hours in a commercial dryer. Divide the corn into older and younger lots before blanching, as the younger ears require somewhat longer cooking than the older ones.

After cooking, remove corn from the water, allow it to drain and cool sufficiently to be handled and cut from the cobs with a strong sharp knife, taking care that none of the cob is removed with the kernels. The glumes or the hull attachments at the tip of the grains are easily screened out after the corn becomes dry. Spread the kernels upon trays of a depth of one inch if drying is done in a dryer, or one to five-eighths inch of the corn is to be dried in the sun. Stir the grains thoroughly several times during the drying to break up any compact masses.

It is practically impossible to bring corn to a sufficient degree of dryness by the unaided heat of the sun. If corn is dried in the sun, it should be finished by pouring into bread pans, placing in the oven of the stove, and warming to 160 degrees to 185 degrees F. for two hours. Whether the drying is done in the sun, in a cook-stove dryer, or in a commercial dryer, it should be continued until the grains are hard, semi-transparent and will break with clean glass-like fractures if crushed.

Before storing, free the corn of the silks, glumes and bits of cob. This may be done by pouring the corn from one vessel to another in a strong

## A Chance to Live--By Zoe Beckley

### FOUR LEAN YEARS

Just before Christmas the baby was born--another boy, whom they named David. There was scant ceremony attending David's birthday. His mother worked at her household tasks as much as usual; then went round to the hospital two or three blocks away, was registered, card-indexed, examined, and passed through to the proper ward, along with a dozen other tenement mothers. She and tiny David were cared for decently, kept the regulation nine days, given some stereotyped instructions in care and feeding, and duly sent home to East Sixteenth street, where Annie took up her new problem of caring for four on fourteen dollars a week.

To chronicle the life of the Carrolls for the next four years would be like studying a strip of celluloid cinema film. Each week, each month, the picture was ever so slightly different. There was change and progression, but only by observing it at considerable intervals could it be seen.

They stayed on at the Sixteenth street tenement, which fell into worse repair every day. When some youngster kicked out one of the uprights of the banister with his stubby boot, it remained out. A lost knob on the front door was replaced by a knotted string. The pane that Robbie cracked by beating on it with his soup spoon had to be carefully pasted with paper and still more carefully washed when ever Annie "did" the windows. Their furniture grew shabbier. The rug wore through and had to have a new one bought. Everything was a little poorer, a little more battered.

At the end of a year Bernard was "raised" to \$15. He was still a shipping clerk in the same chemical firm. At the end of the second year he got \$16. Annie never read the financial columns, or mentioned "pools" and "fliers." Annie was glad of this particular thing, but sorry for what it portended--that Bernie no longer cherished his dream of prosperity, no longer looked hopefully to "making his five thou" a year, with

and supervision. Once in a while in his lunch hour he would try to follow up some advertisement he had seen, but it was always the same story--the job had been filled by an earlier comer, or he was compelled to wait so long to see the man in charge that his time was up before anything could be consummated.

Gradually he stopped trying. Annie, always studying him closely, saw he was beginning to settle into the rut, becoming like thousands of other young men whose ever-increasing family responsibilities kept them chained to monotonous toil.

Like the man next door to the Carrolls, who had a wife and five children, and was a driver for a milk company at \$15.50 a week, he could see no way out but to keep on working at what he had.

Annie saw, too, with heavy heart, that Bernie was quieter, less spirited than he used to be. He was not morose. He just seemed to have lost his buoyancy. He never spoke nowadays of the "chances there were if you only got in with the right people." He never read the financial columns, or mentioned "pools" and "fliers." Annie was glad of this particular thing, but sorry for what it portended--that Bernie no longer cherished his dream of prosperity, no longer looked hopefully to "making his five thou" a year, with

## BEECHAM'S PILLS

When your head aches, it is usually caused by your liver or stomach getting out of order. These "sick headaches" quickly disappear as soon as the stomach is relieved of its bilious contents. Right your stomach and regulate and tone the liver with Beecham's Pills, which rapidly improve conditions and promptly

## Help Headache

Directions of Special Value to Women are with Every Box. Sold by druggists throughout the world. In boxes, 10c., 25c.



## The Joy of My Baby's Health

THAT baby of mine radiates health and happiness like a little roll of sunshine! I never knew how easy it was to take care of a perfectly well baby. Why, he takes care of himself! He justifies in his crib all day and smiles dreamily at the world, and grows like a flower, and gets sturdier, it seems to me, every minute.

It's all because of his food. We used to have so much trouble with milk, when I found I couldn't nurse him!

And then my mother told me that I had been brought up on Nestlé's Milk Food when I was little--so we tried it.

It is really just pure milk, you know, only changed into powder so the tough curds are broken up and it is easier to digest. And it is more nourishing, too, because they add just the right amount of sugar and cereal. All I do is add pure water

and boil a minute--and my baby is safe and well.

I know that if your baby has trouble with his food, the Nestlé Company will be glad to help you. They will send you, as they sent me, a big Mother's Book on how to take care of your baby, and enough Nestlé's Food for twelve feedings. All you have to do is to fill out and send the coupon. Then you can be, with me, the happiest woman in the world--because your baby is well.

Nestlé's is pure milk in powder form that is already modified and does not require the further addition of milk. Always pure and safe, always uniform, and free from the dangers of home modification, Nestlé's has stood the test of three generations and has today the largest sale of any baby food in the world.

**FREE! Enough Nestlé's for 12 feedings. Send the coupon.**

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Hamburger, lb. ....20c  
Sirloin Steak, lb. ....25c  
Fresh Sliced Liver, lb. ....5c  
Brains, lb. ....10c

Peas, per can .....13c | Corn, per can .....13c  
Red Beans, per can. .9c | Salmon, per can...20c

Milk, tall .....15c

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When mother baked her own bread about the only joy she got out of the operation was the relish with which the family consumed it. Bread as good as ours relieves her of all the work, the standing over the hot stove, wearisome kneading and mixing and she derives the same benefit of family approval because no mother ever made bread quite as good and nourishing as these.

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## On Both Sides of the Continent--25,000 Miles Per Tire

As far apart as the distance that separates them are the road conditions in central California and Massachusetts.

And yet, with all the diversity of road changes and stiff grades, Goodrich De Luxe Truck Tires on trucks in these states have amassed the incredible mileage of 52,000 miles per tire and are still serving.

In Massachusetts this splendid record was made on a 6½-ton coal truck operated by the Lajoie Coal Co., of Lowell. The very name of the commodity hauled and the size of the truck gives evidence of the bruising character of the service.

Out west, in Oakland, Cal., these Goodrich De Luxe Tires mastered equally severe conditions. The truck was a 5-ton unit, the operator, the Shell Gasoline Company.

Such magnificent service achievements under radically different conditions, testify vividly to the mighty durability and economy of these De Luxe Tires. The very apparent possibilities in these tires should, for economy's sake, induce you to try them.

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## HOW TO STOP BEING NERVOUS

Nothing Like Plain Bitro-Phosphate to Strengthen Weak Nerves and Increase Strength and Vigor

According to a noted French Scientist, the most effective remedy for nervousness, insomnia and ailments due to depleted nerve force, is a form of organic phosphate known among druggists in this country as Bitro-Phosphate.

It is described as a substance which is similar in composition to the phosphorus naturally found in brain and nerve cells, and being easily and quickly assimilated, the work of creating nerve force, strength and vigor begins immediately it is taken into the human system.

There are many reports of astonishing results from its use, some showing remarkable improvement even in stubborn cases of long standing nerve weakness. As there are many kinds of phosphates, care should be exercised to procure the genuine Bitro-Phosphate as sold by the Druggists in Richmond and all good druggists. Adv.