

## 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 and 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 is it right? Can 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 is 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 loans.

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

Dears 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 girl 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 was a faithful, likeable sort of man, 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 started 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 and 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 she wanted for her business, 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 grocer and other household bills. Emma used what little money she did make her 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

## 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 drugists in this country as Bitro-Phosphate.

It is described as a substance which is similar in composition to the phosphorus naturally found in brain, nerve cells, and bone, 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 improvements from its use, some showing remarkable improvement even in stubborn cases of long standing nerve weakness. As there is no exercise to the phosphate, care should be exercised to protect the genuine Bitro-Phosphate as sold by the Conkey Drug Co. in Richmond and all good druggists—Ad.

## A Chance to Live--By Zoe Beckley

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 too talk about her success, but both she and her husband seem 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 practical 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 in the milk stage, before glazing and hardening have begun and 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 set. A little salt may be added to the blanching water if desired. 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 drier, or one-eighth to five-eighths inch of the corn 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 165 degrees for two hours. Whether the drying is done in the sun or in a cook-stove drier, or in a commercial drier, it should be continued until the grains are hard, semi-transparent and will break with clean glass-like fractures if pressed.

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 draft. When the corn is dry, store in closely woven muslin bags or heavy paper bags. Tie tightly at the neck and place within a larger muslin bag, which also should be tightly tied.

All the time the corn is fairly dry, Corn is a product which contains considerable sugar and protein, and if the drying process is allowed to stop, bacteria are apt to develop. Protect it from insects. If sun drying is interrupted by cloudy weather or showers, remove corn to the stove and continue drying or the product may spoil.—U. S. Department of Agriculture.



## 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 just lies 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 you have to do is 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.

The large sale of any baby food in the world.

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

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Brains, lb. .... 10¢  
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Corn, per can ..... 13¢  
Salmon, per can. 20¢  
Milk, tall ..... 15¢

Buehler Bros.  
715 MAIN ST.

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the Bondells running the Bondell Millinery Salons.

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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 fami-

ly responsibilities kept them chained to

monotony and toil.

Like the man next door to the Car-

rolls, who had a wife and five chil-

dren, and was a driver for a milk

company at \$16.50 week, he could

see no way out but to keep on work-

ing at what he had.

Annie saw, too, with heavy heart

that Bernard was quieter, less spry

than he used to be. He was less 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

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