

The "Lucille" Newest Style Serge Dress

Rich Two Tone Silk Embroidery

Chain Circle The Latest Fad



Sale Price **\$3.78**

Certainly the season's most beautiful style creation. Copied from an expensive Parisian model and offered at a price within reach of all. The most amazing bargain ever known. Graces any figure—cut in the popular one-piece style, with the new long waist effect—long skirt—fashion's latest decree.

SENT ON APPROVAL

We know what your verdict will be. We ask no money now—see for yourself. Material rich Longwear Blue Serge. Two-color silk embroidery richly sets off neck, waist and sleeves. Notice the new loose, wide flare sleeves. Dainty silk facing around the neck. Skirt has box and side pleats—a most stunning effect, usually found only on high priced dresses. Novelty metal and ivory-like girde, very escap- by touch.

No Money Now

During this sale just your request brings this stupendous bargain. On arrival pay Postman \$3.78 and postage. Your money back then if you are not satisfied.

SIZES—Misses, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32.

REMINGTON MAIL ORDER HOUSE Dept. K 331 CHICAGO

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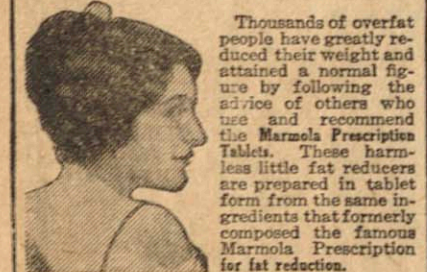
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31-Pc. DINNER SET Given

Send No Money. Simply name and address. Merely Give Away Free 12 Beautiful Art Pictures with 12 boxes of our Famous White CLOVERINE Salve which you sell at 25c each and we will send you this Beautiful Dinner Set according to offer in our Big Premium Catalog which you receive with Salve. Millions use Cloverine for Chapped Face and Lips, Burns, Cuts, Our Plan Easiest and Surest. Write quick for pictures and salve. Our 25th Year. We are reliable. WILSON CHEMICAL COMPANY, Dept. D124 TYRONE, PA.

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AMERICAN FEATHER & PILLOW CO. Dept. 15, Nashville, Tenn.



Four Minute Talks With Mothers

By EMMA GRAY WALLACE

THE nursing mother must partake of an abundant but simple diet. Anything which disagrees with her or causes indigestion will be reflected by the child at her breast. If she suffers from constipation, diarrhoea, or headache, she may be quite certain that her own food and habits need attention. It is better for her to eat oftener if necessary, than to overeat at any one time. What one mother may be able to digest with comfort may be quite out of the question for another, so every nursing mother must watch her own condition and just how baby is digesting the food she furnishes if she wishes to be sure that she is doing exactly the right thing.

If baby cries after nursing as if in distress or passes stools which are green, watery or slimy, grey or clay colored, dry or curdy, the mother may be sure that either the food is not right or baby is unable to take care of it. Healthy stools in the young child are about the color and consistence of mustard paste and almost inodorous. There should be at least a couple of movements daily.

On general principles the mother should avoid rich puddings, freshly baked or under-done bread, rich or soggy pastry, foods fried in fats, pork and beans, pork and cabbage, veal, corn, salads, pickles, alcoholic drinks, acid fruits and vegetables, and highly spiced dishes.

Her diet may include suitable vegetables well cooked, ripe, non-acid fruits, meat, poultry, and fish in moderation if it does not disagree, milk, thoroughly cooked cereals, bread, especially that made of whole grain, simple desserts, gruel, cocoa, one cup of tea or coffee at a meal if not too strong, simple cake, and a little ice cream occasionally.

She should take plenty of time with her meals, masticating her food thoroughly and enjoying them amid pleasant surroundings. If the food is improperly mixed with the alkaline secretions of the mouth by imperfect mastication, proper digestion is utterly impossible in the later processes of assimilation. This means that indigestion is bound to follow. Food partaken of in an atmosphere of hurry, worry, or fault-finding is not taken care of readily or completely by the system for the reason that the flow of the digestive juice is retarded. In that case baby will get the ill effects speedily in the form of poor milk. If baby is to thrive the home must be harmonious.

ONE of our patriotic, as well as mother duties is to save life,—either the lives of our soldiers, or our citizens at home, by means of the right food, care, and environment.

It is a real duty for the mother to nurse her baby when she can, for statistics tell us that the chances for life of the breast-fed baby as compared with those of the bottle-fed one are approximately as one to six. Not only has the little one a better chance of life, but its development will take place in a steadier and more normal manner than when fed by substitute means and its resistance to disease will be much greater.

It is now thought that if a mother cannot nurse her baby wholly, that she should conserve the natural supply as long as she can, supplementing it to the extent necessary. This is somewhat different from the old theory that baby must either be fed on the breast or the bottle, as "driving a two horse feeding team" is likely to be disastrous. We are now convinced that the natural food contains the life-giving vitamins and other elements so essential to the child's growth and Nature considerably takes care of the breast milk and its modification without any recourse to puzzling tables of weights and measures.

The mother who would have plenty of milk for her child should take care of her own health before baby comes, giving her breasts such attention as may be necessary. In addition to this she must make up her mind from the beginning that she will feed her child in the natural manner. Even if she has failed to be able to nurse previous children, it does not necessarily prove her inability. One mother of my acquaintance had no natural nourishment at all for her first baby. With the second one there was a slight flow of the lactal fluid which, however, disagreed with the child. With the third little one she said, "I shall begin in time and I am going to succeed." To her great delight her hopes were realized and her child thrived splendidly.

Above all things the mother who would nurse her baby must avoid worry, anger, fear or excitement as these emotions change the quality and nature of the food in actual point of chemical composition, making it indigestible for the infant. The mother should enjoy life, avoid fatigue, and eat and drink with the welfare of her child in mind.

What a Worker Can Do

The wonderful dexterity acquired by American women in industry is illustrated by the following account in The World Almanac, taken from the records of an investigator for the United States Department of Labor:

A telephone operator's average daily hours are eight and one-half, but what with overtime, Sunday work, "working through," loss of relief, or "excess loading," these are often exceeded. Two hundred and twenty-five calls per hour, or three and one-half per minute, seems an example of real "speed," and yet the "peak load" often exceeds this.

In the needle trades a girl tends a sewing machine carrying twelve needles making 4,000 stitches a minute, or 2,400,000 in ten hours, often working in a bright light and with unshaded eyes, and amidst a deafening roar.

In the pea-canning industry a girl inspects two cans of peas per second or 72,000 per day. The cappers place the caps on the cans at the rate of sixty to eighty per minute.

In the shoe industry a workman revolves the shoe in such manner as to trim off the crimped surplus leather from the "upper." His task is 5,200 shoes a day.

In the eyeletting department of the shoe industry an expert worker can finish 2,000 pairs of women's shoes in one day. Each of these shoes has as many as twelve holes irregularly spaced, making 48,000 eyelets per day.

Good Thots For Wee Tots

1. I am well, I am strong, I am happy All day long.
2. I am good, I am true, I am loving, So are you.
3. I am straight, I am tall, I can skip And never fall.
4. I am kind, I am sweet, I have lovely Things to eat.
5. I am brave, I am wise, For a little Child my size.

Alberta Mastin Carter in November Nautilus

Banish Pimples By This Method

Stuart's Calcium Wafers Have Remarkable Action in the Skin Texture to Aid Beauty.

If your face and shoulders are troubled with pimples that become rashy at certain periods, get a box today of Stuart's Calcium Wafers and in a few hours you won't question why they are the best known, most widely used and most successful complexion beautifier ever found. They clear your blood, they remove the sluggish impurities that gather to make pimples, boils, rash, blackheads, blotches, muddiness and such blemishes. The calcium itself is the greatest skin influence known. It causes the skin to wake up, it begins its work at once, you observe the results and in a few days there is absolutely no question as to the wonderful action of Stuart's Calcium Wafers. Get a 60 cent box today at any drug store. They are truly a complexion marvel and never again will you be in despair to find something to make your complexion beautiful and keep it lovely.

Oriental Rose Bushes 12 for 10cts.

8 WEEKS ROSE WONDER ROSE BUSHES WITH ROSES
Less Than 8 WEEKS after Planting the Seed This May Seem Impossible BUT WE DO GUARANTEE IT TO BE SO. PLANT THE SEED AS DIRECTED and YOU will have a ROSE BUSH IN 4 WEEKS THEY'LL BLOOM EVERY TEN WEEKS, WINTER or SUMMER, and when THREE Years Old Will Have From 500 to 600 ROSES ON EACH BUSH. IN THE HOUSE IN WINTER OR GARDEN IN SUMMER. ROSES ALL YEAR AROUND! OUR SEEDS WILL GROW Anywhere. Package Of Seeds with OUR GUARANTEE and Seed CATALOG BY MAIL 10c 3 PACKAGES 25 CTS. ORIENT SEED CO. Dept. M NEW HAVEN CT.

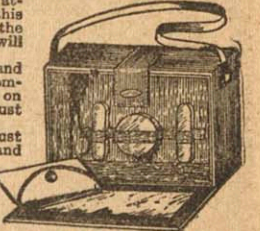
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