

## A Friend to the Aged As the Years Creep On



In the later years of life we start to lose that snap and vigor of our younger days. The blood does not circulate as it once did, the vitality is on the wane, and the nerves not just as steady as they used to be.

Little sicknesses and ailments seem harder to shake off; and evidences of a breakdown begin to appear.

Those who wish to maintain their health and vigor and retain their energy should use Milburn's H. & N. Nerve Pills at this time of life.

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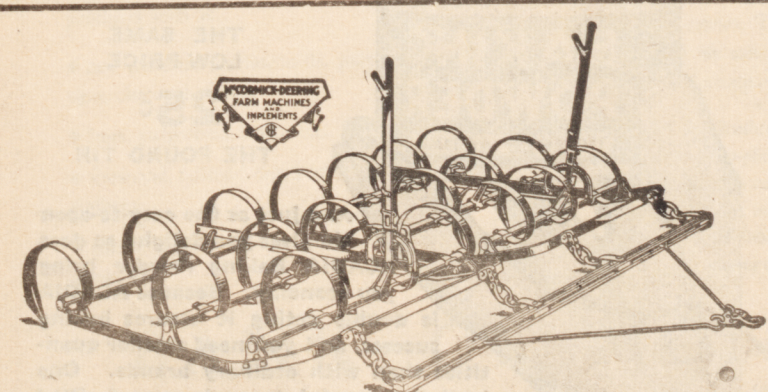
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## FORGETFUL HUSBANDS GET "FIRST AID"

**Los Angeles "Wife Saver"  
Plan Keeps Hub-  
bies Reminded of An-  
niversaries.**

(By Beatrice Fairfax)

Los Angeles is to be congratulated  
on having an association which will  
look after the domestic interests of  
absent-minded husbands. It seems  
that a wife will forgive about every-  
thing except having friend husband  
forget her wedding anniversary.

The Optimists' Club has devised a  
plan called the Wife Saver. Three  
days in advance of a member's wed-  
ding anniversary, a reminder for  
him will be sent, in plenty of time  
for him to order the flowers, candy,  
bit of jewelry, or what you will, for  
the wife.

There is no use in telling women  
that they have to take their hus-  
bands' love for granted, because all  
women balk at that. They must be  
assured frequently of a man's love,  
and peace dwells in that house where  
a man assures his wife daily that  
she doesn't look a day older than  
when they were married.

Remembering anniversaries might  
well be put under the head of good  
manners, which will carry one far-  
ther in this world than looks, money  
or talent. And good manners around  
the home, when it comes to rating, is  
the equivalent of a nest-egg in the  
bank. For what profiteth a nest-egg  
in the bank, especially if it's not a  
joint account, when there is an ex-  
plosive or a grouchy husband on the  
premises?

Women are sentimental creatures,  
even those who have been brilliantly  
successful in making their own car-  
ers, and who are allegedly hardboiled.  
The late Hetty Green, who caused  
millions to spring from the thou-  
sands left by her father, was ab-  
surdly devoted to a little Scotch ter-  
rier. She explained this by saying,  
"He doesn't know how rich I am."

Hetty Green and Kipling's Judy  
O'Grady were "sisters under the  
skin" and wanted to be loved for  
themselves alone.

A bunch of flowers or a box of  
candy now and then makes wives  
feel that all their grinding little eco-  
nomies were not in vain, since they  
were appreciated by himself, as Irish  
women have a delightful way of re-  
ferring to their husbands.

Giving implies generosity, which is  
the greatest lubricant of domestic  
machinery. No husband is more un-  
popular than the penny-pincher, even  
when he is pinching pennies to leave  
his wife and children independent  
after his death.

Of course, there are no such  
things as perfect husbands, or per-  
fect wives for that matter, and  
heaven be praised that such is the  
case! In their secret souls, men and  
women know they love each other  
for their faults as well as their vir-  
tues. And among the domestic vir-  
tues, remembering has put a halo  
on the head of many a tolerable hus-  
band.

## THE HOME NOT WHAT IT USED TO BE

The old home is not what it once  
used to be.

Though Mary and I are still here,  
For it's quiet, so quiet within and  
outside.

And something is gone that was  
dear;

There's laughter a-waiting, there's  
tears that we dried,  
Little hands that were washed every  
day.

There are big empty spaces around  
the old place,  
Where the children would run in  
their play.

The old orchard trees are as fruitful  
today.

The birds build the same as of yore  
The sky is as blue and the sun is as  
bright.

But there's something that's gone  
from our door;  
It's the noise that the children un-  
ceasingly made,

'Tis their riotous laughter so gay.  
The whole place is empty, the old or-  
chard's still,

Where the children would run in  
their play.



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## ... OF ... Interest to Women JULIANA CHANGES HERSELF AND COURT CUSTOMS

**Reducing Dutch Crown Princess Favors Latest  
Styles and Modern Furniture**

Holland has its own new deal.  
Crown Princess Juliana and her hus-  
band, Prince Bernhard zu Lippe-  
Biesterfeld, are responsible for it.

The helmsman to the Dutch throne  
has changed considerably, both in  
appearance and manners, since her  
wedding of January 7. Queen Wil-  
helmina, her mother, has always been  
staunchly devoted to the Victorian  
standards both in dress and behav-  
ior. That makes the changes wrought  
by the newlyweds more noticeable.

The formerly plump princess has  
climbed down to a more graceful fig-  
ure. The loss is variously reported at  
from 17 to 26 pounds. Beauty spec-  
ialists have improved her complexion  
and brought out her natural charm.  
One of her first acts on returning to  
the Hague was to attach a beauty  
specialist to the court staff.

Her conservative wardrobe has  
been supplemented by clothes in the  
latest mode. The Princess likes to see  
her in earrings, so she wears them  
often. Just now she's busy with a  
famous Paris dressmaker, selecting  
gowns for the British coronation.  
The Prince and Princess will repre-

sent Holland on that occasion in  
London.

The castle of Soesdyk, renovated  
by the Dutch people as a wedding  
present to the couple, has become  
thoroughly modern. It has central  
heat, modernistic furniture, the last  
word in refrigerators, television equip-  
ent, a model cinema, and a gymna-  
sium where Juliana will continue her  
slimming exercises.

Cocktails are served at social gath-  
erings. The Princess enjoys her cig-  
arette as much as most young mod-  
erns.

She has gained in self-assurance  
and in beauty. But these changes in  
manners and appearance have not  
been without criticism. Some of the  
Dutch people welcome them, believ-  
ing that it is appropriate for their  
future sovereigns to keep step with  
the times. Others have been dis-  
pleased, particularly regarding the  
Sabbath activities of the newlyweds.  
Juliana and Bernhard now confine  
their travels and social affairs to  
week days, in accord with the wishes  
of the more conservative members of  
the Calvinistic Church.

## GIFTS ARE NESTLED IN HUGE PAPER CABBAGES

(By Cynthia Proctor)

We want to tell you about a Stork  
Shower that is easy to plan and will  
delight the heart of the mother-to-  
be. It's called a Cabbage Baby Shower  
and takes its name from the leg-  
end told in England that babies are  
found in the cabbage patch in the  
early morning.

With this thought in mind, don't  
you think a cabbage baby shower  
would be fun, with gifts all nestled  
in a round hatbox covered with green  
crepe paper leaves to look like a huge  
cabbage?

The invitations written on green  
paper with a cunning seal for decor-  
ation could tell the legend:

"If walking in the morning,  
When dew is on the grass,  
You hear an eager little cry  
When cabbages you pass,  
Just peep into the centre  
Of the largest one you see,  
And there you'll find a baby  
As cunning as can be."

"Baby Shower for Mrs. \_\_\_\_\_"  
Please wrap your package in green.

**Centrepiece**  
The cabbage is used as a centre-  
piece in the dining room, with tiny  
cabbages made over nut cups mark-  
ing the places at the table. Reserve  
the shower until refreshments are  
served. Repeat the legend and then  
tell everyone to find the babies in  
the cabbages. Gum babies are then  
discovered in the forms, while the  
guest of honor is asked to look in the  
centrepiece for hers, where a collection  
of tiny things for the baby is  
discovered. Serve hot English Muf-  
fins or scones, jam and tea with  
sugar and cream.

**Baby's Garden**  
For a little entertainment, distrib-  
ute small booklets containing ques-  
tions—  
Father—Poppy.  
Baby's Name—Sweet William or  
Rosemary.  
Father—Popp.  
Mother—Marguerite.  
Sister—Lily.  
Brother—Johnny-jump-up.  
Phyamate—Virginia Creeper.  
Nurse—Black-eyed Susan.  
Perfume—Baby's Breath.

The old swimming hole in the green  
meadow creek,  
Is silent as some little rill,  
The minnows can shoot here and  
there in their play,  
And sport in the stream at their  
will.

There's no one to bother them now  
when school's o'er,  
There's no one to scare them away.  
The whole place is quiet and lone-  
some-like too,  
Where the children would run in  
their play.

If Mary and I could but bring them  
all back,  
To fill the old place once again  
With sorrow and laughter of child-  
hood, 'twould be  
New links in an old broken chain.  
Then the old home would be, just to  
Mary and me,

What it was in the gone yesterday.  
And what joy it would bring, when  
they'd laugh and they'd sing,  
Where they all used to run in their  
play.

—Ralph Gordon.

## MRS. 'NEW RESIDENT' MAY SPEAK FIRST AFTER INTRODUCTIONS

(By Edith Johnson)

She and her husband are packing  
and preparing to move to a strange  
town. For her husband's sake as  
well as for her own she is eager to  
make congenial friends. Being a ra-  
ther timid person the prospect trou-  
bles her. What should be her attitude  
toward strange people, and what  
shall she say to any one who may  
call upon her?

Women in every city and town in  
the country are pondering these very  
questions. Moving to a new place is  
especially hard for a woman who  
has lived in one town ever since she  
was born.

Nor is the woman who has travel-  
led widely, so widely that she feels  
at ease anywhere altogether free of  
qualms. For making new friends al-  
ways is serious business. It is quite  
another, however, to move one's pos-  
sessions into a new place and settle  
down there, making a niche for one's  
self, and helping a husband and chil-  
dren to find theirs is no small feat.

The timid woman's problem is a  
dual one. Not only does she have a  
new field to conquer, but in making  
the conquest she first must conquer  
herself. In spite of her inclinations  
she cannot afford to be too back-  
ward about stepping forward, that is,  
so long as she steps with discretion  
and good taste.

In some towns neighbors call upon  
newcomers. In others they do not.  
If neighborhood calling is not cus-  
tomary, Mrs. New Resident may  
make her first friendly contacts  
through a church to which she and  
her husband belong. Every church  
has a calling committee.

Contacts which are made by re-  
ceiving calls and returning them  
promptly may be the first links in a  
long chain of happy acquaintanceship.  
Through one group a man and  
his wife may be invited to join a so-  
cial club or a discussion group or a  
forum, made up of kindred souls and  
so the circle grows.

Women of late are being drawn  
more and more into a commercial  
club or local chamber of commerce,  
where they share committee work  
with men. If a woman's husband has  
joined the chamber of commerce, he  
may take her with him to luncheons  
and dinners, and with propriety she  
may signify her willingness to be of  
service in some one or two of the  
chamber's activities.

In going about, the newcomer need  
not hesitate to speak first to one  
with whom she has but slight ac-  
quaintance. She can say, "I am Mrs.

Blank, and I had the pleasure of  
meeting you at the Joneses tea."  
The newcomer can then ask about  
the older residents' health and that  
of her family if she has met its mem-  
bers. If the new arrival has not had  
time to get her bearings, the weath-  
er is always a serviceable topic.

Out of sheer timidity and lack of  
self-confidence too many women wait  
for the other woman to make all the  
overtures. Some are so reticent as to  
avoid opportunity for conversations  
that might lead to delightful experi-  
ences and the forming of warm  
friendships.

Every newcomer is bound to be  
overlooked now and then, 99 times  
out of 100 unintentionally. There will  
be occasions when every one around  
her is so busy that it may seem to  
her she is not welcome. At such  
times she should not permit herself  
to feel either hurt or disappointed,  
for no one makes a perfect score so-  
cially. If she should strike a good  
average of welcome that is about as  
much as she has a right to expect.

Above all else she must not get  
the idea that people, even those who  
seem to be wholly unresponsive do  
not like her, for some people are  
temperamentally unable to be very  
cordial to anyone. Warmth of nature  
was left out of their make-up.

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Smoke!**

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