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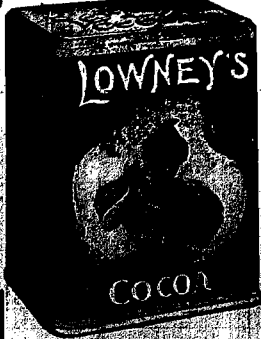
TOOTH PASTE

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The Walter M. Lowney Co.
Department B Boston, Mass.

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"The old-fashioned coffee always made me heavy and dull, and gave me heartburn, with dyspepsia. When we tried Postum Food Coffee it did not taste good, but I begged for another trial, when the directions were followed, and I found it delicious. Since that time we have used it regularly, and I never have any trouble with the heavy feeling or dyspepsia.

"Dr. Laverie prescribed Postum for my uncle, Mr. ———, property man of the Boston Theatre, and it worked a marvelous change in him. He quit the common coffee, and has been using Postum Food Coffee ever since. He looks better than he ever did before. His family thought it was a joke, but he has done him. Please do not use my signature, but you can use the statement."

POSTUM CEREAL COMPANY
At Detroit, Mich.

Weyler's
LICORICE TABLETS

GIRLS' PROBLEMS

By Margaret E. Sangster

Overalls of examples of girls' problems are given on this page, and suggestions made for their solution and address. Correspondents enclosing stamps or addresses of correspondents will be answered by mail.



GOOD many of our problems this month, as it happens, turn upon seeming trifles, which are nevertheless important in their bearing on the honor of our lives and the gladness of our homes. One girl writes:

"I have a friend who adores me; she gives me presents, and treats me with the greatest affection. I do not care for her, yet am obliged to seem grateful and to be devoted. Am I right or wrong?"

"You are wrong, my dear, and very wrong at that. Your friend and you are in a false position. To put an end to the appearance of love, when in reality you are both repelled, is to cultivate a false family to your character. Far better to be despised than to be despised in a show of regard which you do not feel. You be sure, first, that it is necessary for you to cultivate a little warmth of social kindness for one who is so good to you.

An Unforgiving Disposition

"I am generally unforgiving, and cannot bring myself to be reconciled with a friend who has treated me unkindly. I have tried, but I cannot pardon an old friend."

"I don't think I read that you are rather of a stiff rigid temper, and that you fancy something fine in being a good hater, with some memory for an injury. My dear child, it is a sign of weakness rather than of strength to bear a grudge, and the noblest souls on earth are they who are able to forgive a wrong. I have never known a person boast of cynicism, or envy, or bitterness of spirit, but it is not infrequent to see people vaunt of their pride, and boastful of their unchangeable disposition. No unforgiving woman can hope for much happiness in this world of imperfect beings. Many fall utterly, few succeed brilliantly, and you will have many dark hours if you do not change it. Try your best to overcome this weakness, and at least meet a penitent friend half way.

Too High an Ambition

"I have a great, indeed an overwhelming, desire to study for the stage. My equipments are a small degree of my own, a fine, clear voice, musical soprano, well cultivated, a graceful carriage, some beauty, and good health. Do you approve of the stage as a career for a young girl?"

"It depends upon your general training and your general disposition, and probably would be until you had undergone rigorous discipline. Mere walking across a stage is, in the successful actress, the result of long and careful training. The amateur never equals the professional in this. As you have a little money there is no harm in your parents consenting, in your attending a dramatic school for a while. No location is so full of drudgery and so beset with disappointments as this on which you have set your heart. Many fall utterly, few succeed brilliantly, and mediocrity is ill paid and little esteemed.

Except for the occasional girl, the stage is a profession to avoid. As for any general culture you have had, if thorough, it will serve you as well elsewhere as in a theatrical career.

Very Unwise, Indeed

"An oculist has ordered me to wear spectacles, and to keep them on all the time, though my eyes are not very unbecoming, and I don't mind the haze before my eyes, I am disposed to disregard his advice.

"Myopia is a disease. If you persist in disobeying your doctor you may become blind. I don't like that word haze at all. My dear child, what does it matter whether or not the glasses are an ornament? Be sensible and put them on at once.

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Is There Any Way Out?

"Last week I committed an injustice. Is there any way out except by confession and apology? I am so discouraged.

Dependent on a Brother

"My family are very old-fashioned and do not like any of the women to work. We are Southerners, and our men have always cared for us, and been opposed to our entering business life. I am one of three sisters leaving all our weight upon the dearest brother in the whole world. He never denies us anything, but he is working beyond his strength for our support, and he cannot marry, because here we are to be taken care of. None of us will marry for a home. I think we are predestined old maids. What do you advise?"

"Well, you have certainly explained the situation most frankly. You are infatigable to your brother and yourselves in allowing circumstances to hamper him any longer. In these days so many women work, and are not less independent, that your case is

Nervous, and Hectic

I am so nervous that I cry at the least little thing, and scream if a door opens suddenly. Sometimes when my sister walks across the floor, I feel quite frantic, she walks so softly for fear of disturbing me.

Many persons make your sister's mistake of taking extraordinary precautions not to disturb a nervous invalid. Unobtrusive silence or whispering in a sick-room is disturbing to the nerves. You should consult a physician, and do whatever you are told, to overcome this malady. It is perfectly curable if the right means are taken.

A Field for a Doctor

Is there any field for a woman doctor outside that of general practice?

Yes. Women doctors are needed as consultants in colleges and schools, hospitals for children and for insane women, and occasionally in the care of a private patient with whom a physician must remain or travel. Be the very best doctor you can, and you will find your niche. In foreign institutions work the medical woman is very valuable and constantly sought.

Others Who are Worried

How can I prevent others from talking about themselves?

A difficult endeavor. Many people enjoy conversation most when they are permitted to talk freely of their personal affairs, aims and ambitions. Introduce the objective, by which I mean bring forward subjects which belong to the outside world, and have nothing to do with your friends, or for that matter, with yourself. A girl who is well informed about current events should have no difficulty in finding interesting things to talk about.

Advice Eagerly Asked

Do tell me what to do. I am soon to be married, and quite unexpectedly I find that my fiance's desire for a home alone with his husband between him and his mother. Accept the situation without forebodings. She may be a woman so tactful and discreet that she will not interfere with your arrangements, and will never notice anything she should not see. Do not begin with the feeling that your husband's mother will necessarily spoil your home. I have seen a very happy household in which both the wife's and husband's mothers were residents at the same time. There is wonderful wisdom in dealing with conditions as they are when we cannot have them as we wish.

Playing Whist by Daylight

I am invited to join a whist club which meets afternoons. My mother thinks that daytime can be put to a better use.

Candidly, I think so, too. I cannot believe that daylight hours should be spent in card-playing. But others have a different opinion. What is an intellectual game, and is an accomplishment to play it well. Be very sure, if you do join the club referred to, that in doing so you neglect no more important obligation. If ever so little your conscience troubles you in the matter, keep on the safe side and stay away from the club. But think over one point: ought not a girl, as a rule, to be very strongly influenced by her mother's point of view?

Employed All Day, Weary at Night

An operative in a factory, I could obtain a better position if I were a better scholar. I go to a Working-Girls' Club, but fall asleep in the classes. I am so discouraged.

Be just the best worker in your factory, and, for the present, attempt no evening study. Another season you may be stronger, and able to work at something interesting in the evening.

What Shall He Do?

Having been a butterfly of fashion all my life I am suddenly left penniless, and I don't know what to do. Can you suggest anything?

Could you not teach dancing? Young women who know how to dance well should be able to teach little children, and mothers like to place their small maids and men under such care. Or, you might undertake a class in physical culture for girls and women. I take for granted the fact that you are familiar with work of this kind. But whatever you can do to help him, do it.

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