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**THE AWFUL PRICE YOU PAY FOR BEING
NERVOUS**

Check Below And See If You Have
Any Of The Signs

Quivering nerves can make you old and haggard looking, cranky and hard to live with—can keep you awake nights and rob you of good health, good times and jobs. Don't let yourself "go" like that. Start taking a good, reliable tonic—one made especially for women. And could you ask for anything whose benefits have been better proved than world-famous Lydia E. Pinkham's Vegetable Compound?

Let the wholesome herbs and roots of Pinkham's Compound help Nature calm your shrieking nerves, tone up your system, and help lessen distress from female functional disorders.

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**Your Stock as a Charmer Goes Up
With Home-Made Strawberry Jelly!**



GIRLS who can cook are the popular ones—no doubt about it. If you really want to be appreciated, just try your hand at home-made strawberry jellies and jams! Hard-hearted, indeed, is the man who can hold out against such sweet and flavorful allure. . . .

It's almost as easy to make jelly these days as it is to put on lipstick, but back in the era when cosmetics were considered "fast" jelly-making was anything but that. It took poor grand'ma upwards of an hour to turn out a good batch of spreads . . . you can follow the example of members of the National Jelly Making Club and paraffin more glasses from every quart of fruit—just fifteen minutes after it was first prepared! No failures with recipes like these, either, and every bit of the strawberry's own flavor lurks in the finished spread:

Ripe Strawberry Jelly

4 cups (2 lbs.) berry juice
 2 tablespoons lemon juice
 8 cups (3½ lbs.) sugar
 1 bottle fruit pectin

To prepare juice, crush thoroughly or grind about 3 quarts fully ripe berries. Place fruit in jelly cloth bag and squeeze out juice. Strain juice from 1

Measure sugar and fruit juices into large saucepan and mix. Bring to a boil over hottest fire and at once add bottled fruit pectin, stirring constantly. Then bring to a full rolling boil and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin hot jelly at once. Makes about 12 glasses (6 fluid ounces each).

Ripe Strawberry Jam

4 cups (2 lbs.) prepared fruit
 6½ cups (3¼ lbs.) sugar
 1 box powdered fruit pectin

To prepare fruit, grind about 2 quarts fully ripe berries, or crush completely one layer at a time so that each berry is reduced to a pulp.

Measure sugar into dry dish and set aside until needed. Measure prepared fruit into a 5- to 6-quart kettle, filling up last cup or fraction of cup with water if necessary; place over hottest fire. Add powdered fruit pectin, mix well, and continue stirring until mixture comes to a hard boil. At once pour in sugar, stirring constantly. (To reduce foaming, ¼ teaspoon butter may be added.) Continue stirring, bring to a full rolling boil, and boil hard 1 minute. Remove from fire, skim, pour quickly. Paraffin hot jam at once. Makes about 10 glasses (6 fluid ounces each).



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Remember, please—when you take a Smith Brothers Cough Drop (Two kinds—Black or Menthol—5¢), you get an extra benefit—

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