



Here's a group which finds no time to tramp along that lonesome road.

"Just decide what things you most enjoy and do them.

"I figure how lucky I am to have free time and so many enjoyable things to do with it. My choices are reading, listening to music, seeing places, and watching people. I can't keep up with all the things I want to do.

"Hobbies? No, thanks. A hobby means that the people I'd meet would all be talking about the same thing. Clubs and lodges? No. What I value is free time, and I don't want anybody telling me where to be Tuesday at 8 p.m."

On the other hand, planning activities at least three days ahead is the antidote for lonesomeness prescribed by May Jerome, left alone by the death of her father from whom she had always been inseparable. "At first, it seemed that I should try to keep Dad out of my mind entirely," she relates. "But I finally discovered that if you've lost someone by death, the way out of sorrow is to bring your thoughts out in the open.

"Now, instead of crowding Dad out of my life by not thinking of him at all, I talk about him constantly and cheerfully. I remember the things I helped him find pleasure in. I think how glad I am that he was relieved of suffering and that I was here when he needed me.

"Of course, I also try to appreciate my neighbors and my growing plants and my dog and cat—who seem to make a special effort to show me their affection."

THERE ARE SO many ways to fill your mind with thoughts! Deana Costello, who also lost a loved one, found her escape in expressing a very unusual talent. "I remember my mother saying I seemed to have a capacity for helping people see their way through trouble, so I decided I'd occupy myself with kindness and go looking for people who seemed to need it."

"This is how I met a lady whose life I have changed until we are both almost happy again. After I

had sat on the other end of the park bench from her for a while, I remarked that Spring with its budding leaves seemed to make a sort of music. I knew she heard no music, but was glad to talk.

"Now we meet there every day. She isn't distressed about her problems any more. Most important of all, now I know that anyone can banish his own lonesomeness if he will do something to banish others' loneliness."

Frank Hovey also was what you might call a collector of people. Night clerk of a Hollywood hotel, he was a blunt individual with a quiet manner and reserved smile. He cared nothing about spending money, wasn't vacation-minded, had no family or close friends—until he thought of "the game!"

People who knew Hovey wondered why he suddenly seemed to enjoy life so much and was so eager to go places and do things. Suddenly, instead of sitting on the side lines of life, he'd call a druggist to open his store on Sunday and apply a mustard plaster; ask a lunch-counter proprietress if she'd trust him for a meal, and give his place in a theater box-office line to the lady behind him—just to see if she'd say "thank you." When one of these people came through with a satisfactory performance, Hovey added another name to a list of thousand-dollar bequests in his will.

When he died, his funeral was not one of those pathetically meager farewells usually accorded a man without a family. On that day, Frank Hovey became a man with a family; and his grave is kept bright with flowers placed there by affectionate hands.

Little Charlie Massa is only 10 years old and hasn't had time to absorb the philosophic attitudes life has forced on many of us, but he too has faced loneliness and found ways to overcome it. "Take the time I was sick in bed," he recalls. "The way I didn't get lonesome was to pretend to go downtown every half hour and buy a pet dog and get a different kind every time and bring him home and teach him tricks for a dog circus."

"Another thing people can do when they feel lonesome is count their money. When I had \$5, it took me a whole day to count it, and that's good reason to save.

"I can tell anybody how to go out and make some friends," Charlie continued. "If you have a nickel, it's easy. Just say, 'Hello, kid. Come on to the store and we'll spend my money.'"

Little Charlie had turned to leave when suddenly he came back to provide the one prescription nobody had mentioned:

"Another thing, Dixie, we could tell people to go to church. That's one sure way not to be lonesome."

Is "iron-hungry blood" making you only "half" a woman?



Are You So Tired and Run-Down You Can't Give Your Husband Real Companionship?

Discover the Wonderful Blood-Strengthening Action of This Special Iron Tonic for Women!

How tragic when a woman feels so tired, so weak and run-down, she just can't be a real companion to her husband and family! This can turn marriage into misery! Luckily, it's often due to "Iron-Hungry Blood" (*simple iron deficiency anemia). Then it's needless for most women to suffer this awful weariness.

Now, a wonderful iron tonic can help relieve this condition... thus renew your vigor and vitality. It's Lydia E. Pinkham's Tablets, only blood-enriching iron tonic made especially for women!

See How Fast You Can Feel Fine Again! Rich in iron, Pinkham's Tablets start to strengthen "Iron-Hungry Blood" within one day! Thus they quickly help build rich, red blood... to restore your strength and

energy...so you feel fine again fast...able to enjoy life and your family again!

Besides blood-building iron, Lydia Pinkham's Tablets contain a unique combination of other ingredients. That's why they can also bring blessed relief from functionally-caused "female distress". Even torturous monthly cramps and "hot flashes" of change-of-life were relieved in case after case reported by doctors. No wonder so many women use Pinkham's Tablets all through their lives!

If you're tired, weak and run-down due to "Iron-Hungry Blood", get marvelous Pinkham's Tablets from druggists today. See if you don't soon feel "all" woman again—the same charming, cheerful girl your husband married!

FOR TESTED RELIEF OF MONTHLY PAINS, CHANGE-OF-LIFE remember that Lydia E. Pinkham's Vegetable Compound (liquid) has also been famous for 84 years. Doctors' tests prove it quickly relieves the painful discomforts of monthly periods and change-of-life.