

**CELEBRATE 25TH AN-  
NIVERSARY OF CLUB**

ent is Marked With Enjoyable  
Time at Home of President

The Barrington Woman's club celebrated its silver anniversary last Sunday evening at the home of Mrs. and Mr. Sanford Peck on Lake Street. The guests included many club members. The course given was served from a daintily appointed table through the well arranged living rooms of the pretty home, covering laid for forty. The club colors of blue and white, were predominant in the decoration, the color scheme being carried out in the confection used for the small silver backed glass. The guest and member as a souvenir of the occasion.

At the close of the dinner a short and entertaining program was presented by club members. Mrs. Peck, president, in a gracious manner, welcomed all present to this, the twenty-fifth anniversary of the club's organization. Mrs. Wicheel favored her guests with a vocal solo, Mrs. Clara Harris, in an able and interesting manner, presented the history of the organization, March 6, 1904, to the present date. Many interesting facts were given. There were also the sadder events in the

The club motto: "In great things liberty; in small things, charity." has always been the watchword of this organization. Mr. Ralph Peck, whose imitation of the sweet toned canary could not be more perfect, entertained with a mistling solo.

Mrs. Spinner, in a pleasing manner gave a reading, "The Point of View."

Several letters of congratulation and good wishes were received from former members—one from Mrs. M. J. Smith, a farmer's wife, who expressed her regret at not being able to be present, also her pride at once again being a member of the Thursday club, referring to the bonds of sympathy, friendship and loyalty existing between the members. Fitzsimmons is the Milwaukee correspondent of the club. Mrs. Fitzsimmons is a writer of short articles for magazines and papers, one of which appears somewhere in these columns. "Wh-

After a social hour the guests de-

...expressing their pleasure in having been recipients of the hospitality of the committee and Mr. and Mrs. Peck, whose spacious home has been opened to the club and its friends on many similar occasions.

Tuesday night at the Baptist church

interesting program was given under the auspices of the Bairington woman's club, which was largely attended and greatly enjoyed. Ransom Bennett of Chicago gave an address illustrated with slides pertaining to

... subject of foreign preserves, which  
... are very instructive as well as in

residing. Mrs. Dollinger of Du  
sines sang several solos, being a  
panied by Mrs. Webster Wolfrun  
hich also proved to hold the atten  
and admiration of the large aud  
ce.

Extra seats were pressed into service.

**Big February Sales**  
Charles H. Potter announced from the Chicago office of the Producers

marketing company Monday that

check for \$375,000 had just been received from the Bowman Dairy company in payment for the milk that the company bought from the market, company during February and that

back even larger than that was ex-

part of the February product. By the end of the month the total receipts from February milk sales already amounted to more than half a million dollars. Distribution among the farmers will

expected, in payment for the milk

**Local Bank Shows Gain in Deposits**  
The report of the First State Bank

Barrington to the state auditor.

... appears in another column of a paper shows a gain in deposits amounting to \$30,037.08 at the close of business on March 4, as compared with the report made on December 31, 1918. At a meeting of the directors of the bank last Saturday, Feb. 23, 1919, the following resolutions were adopted:

son's monthly report of the condit

of business showed that there had been a gain in deposits during the month of February amounting to \$14,954. The directors were more than pleased with the report.



The  
Longest  
Lasting  
Sweet meat  
in the World!

DEPARTMENT

**WRIGLEY'S**  
The Flavor Lasts  
All three kinds sealed  
in air-tight, impurity-  
proof packages. Be  
**SURE** to get **WRIGLEYS**

**"AFTER EVERY MEAL DRINK A GLASS OF WRIGHT'S FRUIT JUICE"**

**WRIGHT'S FRUIT JUICE**  
THE FAVORITE FLAVOR

**WRIGHT'S PEARMINT JUICE**  
THE FAVORITE FLAVOR

**WRIGHT'S DOUBLING JUICE**  
THE FAVORITE FLAVOR

**Mr. Draycock.**

"I'm sure you have heard me say that what has hurt me in this city. We've not had the weather here, but what has hurt me to do with what I notice to be full of stomach."

Good health seems to be maintained when there is a complete habit. Wright's Fruit Juices are considered.

"I feel that the remedy of the old-fashioned, stale and tender pattern."

**Not for the Ailing.**

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**The Ideal.**

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# "Your Nose Knows"

All smoking tobaccos use some flavoring. The Encyclopaedia Britannica says about the manufacture of smoking tobacco, "... on the Continent and in America certain 'sauces' are employed... the use of the 'sauces' is to improve the flavour and burning qualities of the leaves."

Tuxedo uses chocolate—the purest, most wholesome and delicious of all flavorings! Everybody likes chocolate—we all know that chocolate added to anything as a flavoring always makes that thing still more enjoyable. That is why a dash of chocolate, added to the most carefully selected and properly aged burley tobacco, makes Tuxedo more enjoyable.

"Your Nose Knows"

 Try This Test: Rub a little Tuxedo bricky in the palm of your hand to bring out its full aroma. Then smell it deep—its delicious, pure fragrance will convince you. Try this test with any other tobacco and you will find Tuxedo stand or fall on your judgment—

**"Your Nose Knows"**

**Tuxedo**

The Perfect Tobacco for Pipes and Cigarettes

Manufactured by  
*The American Smoke Co.*  
JACKSONVILLE, FLORIDA

[illegible][illegible][illegible]

**Proof that  
do Avoid**

[illegible][illegible]

"Out of Torment and Misery to Comfort!"

Hendache  
Neuralgia  
Toothache  
Earache  
Rheumatism  
Lumbago

PAIN

Colds  
Grippe  
Influenza-  
Colds  
Stiff Neck  
Joint Pains

"Proved safe by millions."

Add:- Take one or two "Bayer Tablets of Aspirin" with water. If necessary, repeat dose three times a day, after meals.

Hold the Faith of Medical Leaders!

50 cents Bayer packages—also larger Bayer packages.  
Buy Bayer packages only—Get original package.

Bayer-Tablets  
OF  
**Aspirin**

The Bayer Cross® on Genuine Tablets

Aspirin is the trade mark of Bayer Manufacturing & Pharmaceutical Division of Schering Inc.

If all rights to be kept for the best, he won't get such quick action you lose work for the best.

The sufferer need the harder it is to travel.

I'm sound,  
I'm sound, I'm sound, I'm sound very much  
"It's a new case!"

W. N. U., Chicago, No. 11-1978

[illegible]

**at Some Women Operations**

gdenburg, Wis., says: "I had a pain in my back which caused piercing pains and side. I finally lost all my strength and was unable to get up. The doctor advised an operation. I thought of what I had read about the operation and tried it. Two glass bottles have entirely cured me. I am now as well as I could be. I am thankful of my kind should be of comfort."

**and an Operation.**

was a female trouble which two doctors decided that an operation would be necessary. I was so weak that I could not get up. I tried it and was cured. I am now as well as I could be. I am thankful of my kind should be of comfort."

*"I have been  
using Pinkham's Compound  
for several years,  
and I feel it has  
done me much good."  
—Mrs. J. B. Smith,*

**A Woman Should Try**  
**PINKHAM'S**  
**SANITATIVE COMPOUND**  
**Without Submitting To An Operation!**  
DEWEE & PINKHAM MEDICINE CO., LYNN, MASS.





Figure 1. A schematic diagram of the experimental design. The subjects were divided into two groups: the control group and the experimental group. The control group received a standard 12-week training program, while the experimental group received a modified 12-week training program. The modified program included a 4-week pre-training period followed by an 8-week training period. The subjects were then divided into two subgroups: the control subgroup and the experimental subgroup. The control subgroup received a standard 12-week training program, while the experimental subgroup received a modified 12-week training program. The subjects were then divided into two subgroups: the control subgroup and the experimental subgroup. The control subgroup received a standard 12-week training program, while the experimental subgroup received a modified 12-week training program.





