

If sarsaparilla and the other into the best are good as a
medicine, then Ayer's Sarsaparilla is good. If not, we are
humbugs. Your doctor will tell you
which, because he can have the formula of Ayer's Sarsaparilla If you are tired, half sick,
half well, if one day's work causes six days' sickness, get a Get Ayer's, and insist on Ayer when you want Sarsaparilla.

##  <br> LIBBY'S <br> LUNCHIONS <br> 

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REV. DR. TALMAGE.
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## How Mothers may HeIp their Daughters into Womanhood



Every mother possosses information of vital value to her
young dauhtter
the respoushilet
the the responsionty for her future is largely in the hands of the
mother. The mysterious change that develops the the less girl into the thoughtful woman should find the mother on the watch day and night. As she cares for the physicical
well-bing of her daughter, so will the woman be, and ber
When the young girl's thoughts become sluggish, when
she experiencos headaches, dizziness, faintness, and oxhibits
 society of other 'girls. when she is a mystery to herself and
friends, then the mother should go to her aid promptly At such a time the greatest aid to nature is Lydia E. Pink-
ham's Vegetable Compound system for the coming change, and is the surest reliance in The foilowing letters from Miss Good are practical proof
of 3 rss. Dinkhams efficient advice to youns women. Miss Good asks Mrs. Pinkham for Help.





The Happy Result






SPORTING gooos. RAWLINGS SPORTING GOODS COMPANY,

WHLS PLLS - Bibzest offer ever made
 DROPSY szw pisorzeris Thet Little Bcok For Ladies, $\mathrm{z}^{12}=$



## BIIE III THE B.IOOD



No matter how plik y your surroundings health, good health, is the foundation for en-
joyment. Bowel trouble causes more aches and pains than all other diceases together, and when you get a good dose of bilious bile coursing you get a good diese of billous sate cuillions
through the blood life's a hell on carth. Mill of people are doctoring for chronic ailments that started with bad bowcls, and they will never get better till the bowels are right. You know how it is-you neglect-get irregular-first suffer with a slight headache-bad taste in the mouth mornings, and gencra1 "all gone" fecling during the day-keep on going from bad to worse unciarme suftring is comes and one that has been driven to suicidal relicf. Educate yourr bowels with CASCARETS. Don't negleet the slightest irregularity. See that you have one natural, easy movement each day. CASCAReIS tone the bowels-make them strong-
and after you have wed them once you will wonder why it is that you have ever been without them. You will find all your other disorders commence to get better at onse, and scon you will be well by taking- THE IDEAL LAXATIVE

