 FREE MEDICAL ADVICE
Every working girl who is not
well is cordinlly invited to write well is cordinly invited to write
to Mrs. Pinkham, Lynn, Mass.,
for advice ; it is freely given, and has restored thousands to health.
Miss Paine's Experience. Miss Paine's Experience.
"I want to thank you for what you
have done for me, and recommend
 the store. The doctor ssid 1 must
stop Work ;he dio not seem to realize
that a girl cannot afford to stop working. My back ached, my appetite was.
poor, I could not sleep, and menstruastion when suffering I I commenced to
day
tal whe taks Lydia E. Pinkham's Vege-
table Compound, and found that
it hel ped me. 1 continued its use, and table Compound, and found that
it helped me. I continued its suse, and
soon ound that my menstrual periods
were fre the my Were free from pain and natural;
everyone is surprised at the change in
mer and
gratoful 1 am wer what , what cannot be too
 Take no substitute, for it is
Lydia E. Pinkham's Vegetable

## DROPSY

## SPPIING PURIFICATION



## of the Skin and Blood Should Begin NOW

## 

 Humours and every kind of Humour from Pimples to toScrofula, with Premature Loss of Hair, may now be speedily, permanently and economically cured by Cuticura Resolvent, greatest
of Blood and Skin Purifiers, assisted by the external use of Cuticura Ointment and Cuticura Soap.
Thousands of the world's best people have found instant reief and specdy cure by the use of Cuticura Resolvent, Ointment and
Soap in the most torturing and disfiguring of ITCHING, BURN.
ING and SCALY HUMOURS, ECZEMAS, RASHES, ITCH. INGS and INFLAMMATIONS. Thousands of Tired, Fretted Mothers, of Skin-Tortured and
Disficured Babies, of all ages and conditions, have certified to almost miraculous cures by the Cuticura Remedies when the best medical skill has failed to relieve, much less cure.
Cuticura Treatment is local and con
$\qquad$ with Cuticura Soap and Hot Water to cleanse the skin of Custs and and apply Cuticura Ointment frcely to allay Itching. Irritation, and Resolvent to Cool and Cleanse the Blood, and put every function in a state of healthy activity. To those who have suffered long and hopelessly from Humours medicines, and all things human, Cuticura Remedies appeal with a force hardly to be realized. Every hope, every expectation awakened by them has been more than fulfilled. More great cures of Simple,
Scrofulous, and Hereditary Humours are daily made by them than by all other Blood and Skin Remedies combined, a single set being
often sufficient to cure the most distressing cases when all else fails.



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## My Hair

 One thing is certain,-
Ayer's Hair Vigor makes
the the hair grow. This is
because it is a hair food. It feeds the hair and the hair grows, that's all there
is to it. It stops falling of the hair, too, and always restores color gray hai It is dificult to say who do you the
most mischief, enemies with the worst
intentions, or friends with the best.

To Save Postage An Iristman who had emigrated to too gentleman in Perthshire. The
Irishman had a younger brother in
Doblin who was very poor, so he he
thought he would send him an old suit
which belonged to a former outher in
the genteman's service. Inside the coat
the he gentieman's service. Inside the coat
he placed the oflowing notec
Dear Brother Mike. Oi am send ing you this ould suit; but I have cut
the buttons of the coat and waist-
oat, as they are heavy, and Oi wat save postage. Yours truly
Patrick Maloony,"
"P. S.OI have put the buttons in

 Carrot Pudding.-Chop rery fine
suet to measure one cuptut add one
cupful of scraped and grated carrot and the same of grated raw potatoos;
add har) a cuptul of milk, two cuptuls
of flour, one cupful cach of raisins and of flour, one cuptul each of raisins and
cerrants, two level teaspoontuls of
baking powder, one caspon of cin-
namon and a food pinch of cloves; tarn into a butfered mould and steam
three hours; serve with a hard or soft Ocange Jelly,- Soak half a box of
gelatine in haif a cuptul of cold water one hour; then add one cuptul of boil
ing water, jutice of one lemon, one cuip of sugar and one pint of orange julce;
stir one minute over the fre: strain,
turn into a mould; stand in a cool place untill servilig; stand in a cool
Puree of Salmon.Sones from thalo of a pound of salimon
ind chop it fine: cook one quart of milk, half a small onion and a sprig
of parsley for ton minutes; melc one



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teoked akibt
Iclies wide, elght and oue-halt yardan
wenty seren laches wide, six yardin

