







| H1DN'T K. H W Coffee Was the Canse. |  |
| :---: | :---: |
| Many daily habits, particularly of eating and drinking, are formed by |  |
|  | $8 \frac{81 / 2}{}$ to 15 |
| following our elders. <br> In this way $f 11$ health is often fast | Iy deup and Lamber shiep were of 10 to 15 c . 1 lamber, 15 to 25e. <br>  - |
|  |  |
| tee .ever stince I can remember, but even as a chlid 1 had, a weak stomachwhich freeuuentis retused to rotaln which tood. |  |
|  | Chicazo.-Market weak; steers |
|  |  |
| mouth all the time and was, as 1 found out later, the cause of the |  |
|  |  |
| stomach rebelling against food. <br> "I now see that it was only from | Hogs Market 10. liwer, Chatct |
| lawing the example of my elders 1 formed and continued the mig- |  |
|  |  |
| ate thate of drinking conee. My | Stiome Market tieady |
|  |  |
| trung, frequent headache, and yet 1 id not surpect the true canse$\qquad$ |  prime, 86.10 © 6.25 . |
|  |  |
|  |  |
| money for creams, massagfng, without any results. <br> Arter was married i was asked | Shep-Suply light, slow. Prime wetherk, 85.2505 5. 40 , |
| Atter I was married I was asked | mon, 8203 ; lambs, 8507.40 ; ven Hogs-Recelpt |
|  |  <br>  |
|  |  |
| tum from the very first. We made 11 pkg, and it had a most dellcate naror, and 1 at once quit coffee, with |  |
|  | UDIS AND ENDS |
|  |  |
|  | Aluminum now being rolled |
|  | The rallways of Japan will make Muning has been followed in the |
| smooth skin, fine digestion and aven't had a headache in over two years." |  |
| "There's a Reason." <br> Name given by Postum Co., Battle | Englands turbine foet |
| Name slven by Postum Co., Battle |  |
|  |  |
| Ever read the above letter? A new one appears from time to time. Theyare genufue, frue, and full of human |  |
|  | He city of seatile pays a bount |
|  |  |

## All Who Would Enjoy

 goon health with its beesines, mus un.



 truxtholly and to suply the one perecet
taxative to thom devinity








## ask

 Her This 2uestion"Do you know of any woman who ever received any.
enefit from taking Lydia E. Pinkham's Vegetable Com. benefit from taking Lydia E. Pinkham's Vegetable Com.
pound?" If any woman who is suffering with any ailment peculiar to her sex will ask her neighbors this question, she will be
surprised at the result. There is hardly a community in his country where women cannot be found who have been restored to health by this famous old remedy, made
exclusively from a simple formula of roots andtherbs.
During the past 30 years we have pulished thousands y Lydia E. Pincham's Vegetable Compound, and never the writer's special permission. Never have we knowingly published a testimonial that was not truthtul and genuine. ence with Lydia E. Pinkham's Vegetable Compound write and ask her.
Houston, Texas. "When I first began taking Lydia E. Pink-
ham's Vegetable Compound I was a total wreck. I had been sick for three years with female troubles, chronic dyspepsia,
and a liver trouble. I had tried several doctor's medicines, but "For three years I lived on modicines and thought I would never get well, when I read an advertisment of Lydia E. Pink-
ham's Vegetable Compound, and was advised to try it . "My husband got me one bottle of the Compound, and it did
me so much good I continued its use. I am now a well woman "I advise all women suffering from such troubles to give
Lydia E. Pinkham's Vegetable Compound a trial. They won't Lydia E. Pink ham's Vegetabie Compound a trial. They won't
regret it, for it will surcly cure you."-Mrs. Bessie L. Hicks,
$\mathbf{8 1 9}$ Cleveland St., Houston.

## Any woman who is sick and suffering is foolish surely not to give such a medicine as this a trial. Why should it

## $=\mathrm{SEEDS}$



