THE TRIALS OF A HOUSEWIFE

How They Have Been Endured and How Overcome by Lydia E. Pinkham's Vegetable Compound

Experience of a Providence Woman

Providence, R. I.—"I took Lydia E. Pinkham's Vegetable Compound for a female trouble and backache. It began just after my baby was born, and I did the best I could about getting my work done, but I had awful bearing-down pains so I could not stand on my feet. I read in the papers about Lydia E. Pinkham's Vegetable Compound and the good it was doing other women, and I have got dandy results from it and will always recommend it. You can use these facts as a testimonial if you wish."—Mrs. HERBERT L. CASSEN, 18 Meni Court, Providence, R. I.

Ohio woman for three years could hardly keep about and do her housework she was so ill. Made well by Lydia E. Pinkham's Vegetable Compound:

Fayette, O.—"For about three years I was very nervous and had backache, sideache, dragging-down pains, could not sleep at night, and had no appetite. At times I could hardly do my housework. I got medicine from the doctor but it did not help me. I saw Lydia E. Pinkham's Vegetable Compound advertised in a newspaper and took it with good results, and am now able to do my housework. I recommend your medicine to my friends and you may publish my testimonial."—Mrs. CHESTER A. BALL, R. 15, Fayette, Ohio.

An Illinois woman relates her experience:

Bloomington, Ill.—"I was never very strong and female trouble kept me so weak I had no interest in my housework. I had such a backache I could not cook a meal or sweep a room without raging with pain. Rubbing my back with alcohol sometimes eased the pain for a few hours, but did not stop it. I heard of Lydia E. Pinkham's Vegetable Compound, and six bottles of it have made me as strong and healthy as any woman; and I give my thanks to it for my health."—Mrs. J. A. McQUITTY, 610 W. Walnut St., Bloomington, Ill.

The conditions described by Mrs. Cassen, Mrs. Ball, and Mrs. McQuitty will appeal to many women who struggle on with their daily tasks in just such conditions—in fact, it is said that the tragedy in the lives of some women is almost beyond belief. Day in and day out they slave in their homes for their families—and beside the daily routine of housework, often make clothes for themselves and for their children, or work in their gardens, all the while suffering from those awful bearing-down pains, backache, headaches, nervousness, the blues, and troubles which sap the very foundation of life until there comes a time when nature gives out and an operation seems inevitable. If such women would only profit by the experience of these three women, and remember that Lydia E. Pinkham's Vegetable Compound is the natural restorative for such conditions it may save them years of suffering and unhappiness.

There is hardly a neighborhood in any town or hamlet in the United States wherein some woman does not reside who has been restored to health by this famous medicine. Therefore ask your neighbor, and you will find in a great many cases that at some time or other she, too, has been benefited by taking it, and will recommend it to you. For more than forty years this old-fashioned root and herb medicine has been restoring suffering women to health and strength.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent to you free upon request. Write to The Lydia E. Pinkham Medicine Co., Lynn, Massachusetts. This book contains valuable information.

High Praise.

"What sort of a young fellow is he?" "The sort you'd like to have for a son-in-law."

WOMEN NEED SWAMP-ROOT

Thousands of women have kidney and bladder trouble and never suspect it.

Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease.

If the kidneys are not in a healthy condition, they may cause the other organs to become diseased.

Pain in the back, headache, loss of ambition, nervousness, are often times symptoms of kidney trouble.

Don't delay starting treatment. Dr. Kilmer's Swamp-Root, a physician's prescription, obtained at any drug store, may be just the remedy needed to overcome such conditions.

Get a medium or large size bottle immediately from any drug store.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Advertisement.

Ideals are never attained, because ideals are impossibilites, this being a human world.

Correct English.

A Franklin mother had been teaching her three-year-old son correct English and told him he must never say "ain't."

One day, while eating his dinner, he stopped abruptly and said:

"Mother, you mustn't ever say 'ain't,' for it's a naughty word."

"Yes," said mother, "you are right, Robert, but what shall I say?"

He looked puzzled and then his face lighted up and he replied:

"Why, mother, you must say 'scuse me,'" meaning "excuse me."—Indianapolis News.

Delicacy Seemed to Please.

Tasting ice cream for the first time in their lives, Joe Jable and his three sons from the mountains near Uniontown, Md., disposed of 61 dishes of it at their first sitting. Fifteen each for the boys and sixteen for dad.

Just Ink.

"The squid spurts out a cloud of ink." "Many novels are written on the same plan."

Do more than you are paid for. Some day you will collect.

Stop Suffering! Take This Seven-Day

MALARIAL CURE!

Guaranteed Money Back if It Fails to Cure

DR. J. J. RUDOLPH'S BUY IT MONDAY **ANTIPLASMA** CURED ON SUNDAY

MALARIAL CURE

A Positive Specific for Adults and Children

TASTELESS! NO HABIT-FORMING DRUGS

Antiplasma contains no alcohol, narcotics, mercury quinine or arsenic. Made from balsams and gums. Our records show that every physician who has once tried Antiplasma orders in bulk

Remarkable tests and public demonstrations made in Southern States last summer show no malaria cases we could not cure

If your druggist doesn't sell it, mail $2.00 to the Vino Medical Co., 200 West Houston St., New York, N.Y., and one bottle containing complete seven-day cure will be immediately sent you postpaid.

Antiplasma is Malaria Insurance at a cost of $2 per year

BLACKMANS MEDICATED SALT BRICK

STOCK LICK IT — HORSES, CATTLE, SHEEP & HOGS

STOCK LIKE IT — DROP BRICK IN FEED BOX

CONTAINS COPPERAS FOR WORMS, SULPHUR FOR THE BLOOD, SALTPETER FOR THE KIDNEYS, NUX VOMICA, A TONIC AND PURE DAIRY SALT. USED BY VETERINARIANS 12 YEARS. NO DOSING. ASK YOUR DEALER FOR BLACKMAN'S OR WRITE.

BLACKMAN STOCK REMEDY COMPANY Chattanooga, Tenn.

DI'S TUB.

We have communicated with the spirit of Diogenes.

"Ask him," we requested the medium, "ask him if he really lived in a tub!"

The table moved nervously, the medium snored, and from her lips came the very voice of the great Athenian:

"I owned a yacht, you call it a houseboat," said the sage. "I lived on it. The jealous yachtsmen of the times called it a tub. Gimme a drink. I say, gimme——"

The Voice died away, but we had solved a mystery.

Easier to Manage.

Bunter—Neither my brother nor I was able to get to sleep last night; he had the toothache, and I, you know, am in love.

Hunter—And who fell asleep first in the end?

"Oh, my brother."—London Answers.

Long Distance Call.

"Where is your friend, Scatterwits, going in such a hurry?"

"To attend a seance given by a noted spiritualist."

"He's crazy."

"I agree with you. He told me he had a date with Helen of Troy."

NO CHANCE FOR HASH

"Why is it we never have hash any more?"

"Because we never have anything left over from which hash can be made."

The Bud.

She used to wear a long skirt—
The proper thing, no doubt.
But now she wears a short one—
She's slowly coming out.

New Method.

"I hope I haven't broken his heart," said the chorus girl who, strange to say, had turned down a young spendthrift.

"You certainly have," said her friend. "You have broken it right in half."

"In half? What do you mean?"

"I mean that he takes two girls out to supper every night now."

Taking an Interest.

Farmer A—So your boy's got home from college. Does he take any interest in the farm?

Farmer B—He's beginning to. He's been showin' me where we could have a dandy golf course an' how easy 'twould be to turn the barn into a garage.

Disconsolation.

"Were you ever seasick?"

"No," answered Mr. Chuggins, "only river sick. Every time I go out in a motor boat the motor quits."

A PLEA IN DEFENSE

He—I'd like to know why you girls get engaged to several men at once.

She—When you have only one match, doesn't it go out?

The Pessimist.

Man's faith is not what once it was,
At least, so we are told.
But still, we know, there's just as much
Fake stock as ever sold.

His Mistake.

"How did you happen to lose your fiancee?"

"My lavish entertainment cultivated in her such expensive tastes that she decided she could be happy only with a millionaire."

Humiliation.

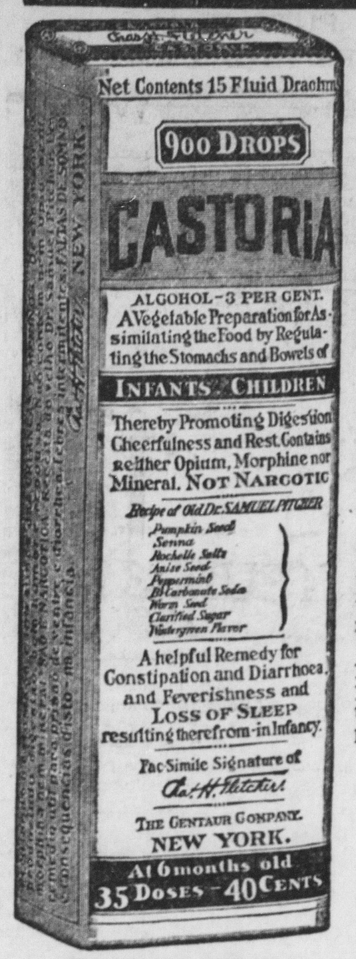
"Didjer hear what 'e said to me?" roared the indignant bookmaker, appealing to his clerk for sympathy.

"I did, 'Arry," replied the faithful clerk, "an' I was surprised yer didn't think of it first. You must be losin' yer nerve."

Natural Gift.

Miss Catt—What makes you think Miss Wry would be a good usher?

Miss Nipp—Because she is always trying to put people in their proper places



Exact Copy of Wrapper.

Children Cry For Fletcher's CASTORIA

Special Care of Baby.

That Baby should have a bed of its own all are agreed. Yet it is more reasonable for an infant to sleep with grown-ups than to use a man's medicine in an attempt to regulate the delicate organism of that same infant. Either practice is to be shunned. Neither would be tolerated by specialists in children's diseases.

Your Physician will tell you that Baby's medicine must be prepared with even greater care than Baby's food.

A Baby's stomach when in good health is too often disarranged by improper food. Could you for a moment, then, think of giving to your *ailing* child anything but a medicine especially prepared for Infants and Children? Don't be deceived.

Make a mental note of this:—It is important, Mothers, that you should remember that to function well, the digestive organs of your Baby must receive special care. No Baby is so abnormal that the desired results may be had from the use of medicines primarily prepared for grown-ups.

MOTHERS SHOULD READ THE BOOKLET THAT IS AROUND EVERY BOTTLE OF FLETCHER'S CASTORIA

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher.

THE CENTAUR COMPANY, NEW YORK CITY.

Perfectly Healthy.

"Is this son you speak of adolescent?"

"No; he's as healthy as any boy you ever saw."

Freshen a Heavy Skin

With the antiseptic, fascinating Cuticura Talcum Powder, an exquisitely scented convenient, economical face, skin, baby and dusting powder and perfume. Renders other perfumes superfluous. One of the Cuticura Toilet Trio (Soap, Ointment, Talcum).—Advertisement.

Such a Jollier!

"How high up did you go with that young aviator?"

"He said we were in heaven," replied the maiden, with a blush, "but I didn't believe it."

Prudent Mentality.

"You appear rather proud of the fact that you are unable to understand the relativity theory."

"I'm not exactly proud," replied Senator Sorghum, "but I am resigned. I put great faith in the wisdom of the plain people. So long as the plain people didn't get the idea I don't believe it would be to my advantage to assert any superior intelligence or exclusive information."

The Coming Contest.

"I see your town is going to vote on the question of issuing bonds for a water works system," said a guest. "What do you anticipate will be the outcome?"

"Hard to tell," replied the landlord of the tavern at Tumlinville, Ark. "The young people are mostly for it, and the folks that have traveled and like to show off, and the newcomers from the North, and so on. But the old-timers are unanimously ag'in it. They say they've never gone swimmin' in a house yet and it's too late now to learn old dogs new tricks, and, anyhow, they're opposed to paying for the privilege of going into Godalmighty's free water. So it looks like a standoff."—Kansas City Star.

CAR DRIVING HARD ON FEET

Use of Accelerator Causes "Short Circuit" of Pedal Nerves or "Motor Foot," It Is Said.

When car owners return from their summer vacations many of them return limping. A new summer epidemic is at large in the ranks of vacationists.

The new ailment has been given the popular name of "motor foot." In the language of surgical chiropody it is indexed and classified under the name of "metatarsal displacement."

Continuous motoring is the cause of the ailment. It is a right foot trouble caused by the continuous strain occasioned by long motor trips when the driver keeps his foot in the strained position required by the use of the car accelerator.

This position causes a displacement of the metatarsal bones which in turn causes them, in motor language, to "short" the nerves of that part of the foot. This in turn is the answer for the pain that accompanies the distinction of possessing "motor foot."

"Motor foot" not only makes walking painful, but practically eliminates golf, tennis or any of the other popular forms of active recreation.

Melted.

"So you have made up with Glipping?"

"Yes," said Mr. Twobble. "I couldn't resist the spirit in which his apology was offered. When a man comes to me and says he's sorry and unwraps a package done up to look like a pair of shoes and says, 'What we need now is a corkscrew,' I'm not adamant, sir, and in such circumstances I hope I never will be."—Birmingham Age-Herald.

We shall not find it so difficult to love our enemies if we begin by pitying them.

As a rule, the man who could most easily obtain credit does not ask for it.

It's toasted

TO seal in the delicious Burley flavor

Once you've enjoyed the toasted flavor you will always want it

The American Tobacco Co.

The Folly of Cheating Nature

Many people get the idea that they can keep their nerves on edge and their digestion upset year after year, and "get away with it." They sleep only half as much as they should—and never get properly and thoroughly rested.

If you tire out easily, if you are getting pale and anemic, if your food doesn't digest as it should, would it not be well to stop and consider whether coffee or tea is having its effect on you?

The caffeine and thein found in coffee and tea are drugs, as any doctor can tell you. Is it any wonder that the steady use of these drugs sometimes causes serious damage?

If you really want to be fair with yourself, and give yourself the opportunity you deserve in order to do your best work, make up your mind to quit coffee and tea for awhile—and drink delicious, appetizing Postum instead.

Postum permits sound, refreshing sleep which builds strength, energy and endurance.

Order Postum from your Grocer today. Drink this hot, refreshing beverage in place of tea or coffee for 10 days and see what a wonderful difference it will make in the way you feel.

Postum comes in two forms: Instant Postum (in tins) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for 20 minutes.

Postum *for* Health

"There's a Reason"

Western Canada
Land of Prosperity

offers to home seekers opportunities that cannot be secured elsewhere. The thousands of farmers from the United States who have accepted Canada's generous offer to settle on FREE homesteads or buy farm land in her provinces have been well repaid by bountiful crops. There is still available **on easy terms**

Fertile Land at $15 to $30 an Acre

—land similar to that which through many years **has yielded from 20 to 45 bushels of wheat to the acre**—oats, barley and flax also in great abundance, while **raising horses, cattle, sheep and hogs** is equally profitable. Hundreds of farmers in Western Canada have raised crops in a single season worth more than the whole cost of their land. With such success comes prosperity, independence, good homes and all the comforts and conveniences which make life worth living.

Farm Gardens, Poultry, Dairying

are sources of income second only to grain growing and stock raising. Attractive climate, good neighbors, churches and schools, good markets, railroad facilities, rural telephone, etc.

For certificate entitling you to reduced railway rates, illustrated literature, maps, description of farm opportunities in Manitoba, Saskatchewan, **Alberta and British Columbia, etc.,** write

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160 ACRE FARMS IN WESTERN CANADA FREE

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THE BEST

HAND KNITTING WORSTED

12½c an ounce. Direct from mill. Think of the saving. Postal brings samples.

OLD COLONY MILLS, Manayunk, Phila., Pa.

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Your keys returned if lost. Your name and address stamped on Nickel Silver Key Check and steel key ring, 25c. (coin). Postage Paid. Guar't'd to please or money back. Universal Co., 143 Bank St., Norfolk, Va.

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