Their Married Life"
 TELLS OTHERS How Lydia E.Pinkham's Veg-
etable Compound Carried etable Compound Carried
Her Safely Through Change of Life.


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| Rapids, Io |

Such warning symptoms as sense of
suffocation, hot flashes, headaches, back-
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larities, constipation, variable appetite, promptly heeded by intellizent wolife whe are approaching the period in

Lydia E. Pinkham's Vegetable Comund invigorates and strengthens the If there are any complications oudon'tum Meand write Lydia Cumberland Valley Railroad TIME TABLE
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| New Cumberland,Penna. |  |
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| Edison | Be Sure It Is |
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| SYSTEMS |
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| Stewart VacuumSystem Have you ever seen thefunny procedure following aleak in the air line of a presGrt Wise. Front-Market Motor Sup |
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Give him the right food. fails and you find you can't
More babies die as a result of nurse your baby, give him the the wrong food than from any food on which three genera-
other cause, and it is so un- tions of boys and girls have necessary. When your milk grown healthy and strong-

NestlèsFood
In Nestle's there is every- milk. Add cold water and make his little body plump, your baby will thrive on. his cheeks rosy and his eyes Cow's milk alone will not
bright. Pure cow's milk is do for your baby. It is danits basis-but cows s milk so so serously full of germs which
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with baby needs added, that $\begin{aligned} & \text { may carry disease to your } \\ & \text { baby. There are only eight }\end{aligned}$ with baby needs added, that baby. There are only eight
your little baby can digest
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clean dairies in a hundred in


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