Book 5 G Free. Write for it.



Everything goes wrong if the break-
tast lies in your stomach like a mud
pie. What you eat does harm if you
can't digest it-it turns to poison.
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
iously varying my diet.
"I have been a teacher for several ears and find that my easily digest-
d breakfast means a saving of nervus force for the entire day. My gain
iten pounds in weight also causes ie to want to testify to the value of
rape- Nuts.

## Name given by Postum Co., Battle

"There's a reason." Read the littie
ok, "The Road to Wellville," in pkgs.

 From Black and White Ribbons


Generous.
Jack-When $I$ met my pretty cousin
wi ro


SAVED FROM an OPERATION
How Mrs. Reed of Peoria, III., Escaped The Surgeon's Knife.

 Wash inflammation, and your Sanative anyone what your medicines have done for me. You can use my testimonial in
any way you wish, and $\mathbf{I}$ will be glad to answer letters.,"-Mrs. Christina
REED, 105 Mound St., Peoria, Ill. Mrs. Lynch Also Avoided

Jessup, Pa.- "After the birth of my fourth child, I had severe organic inflammation. I would have such terrible pains
that it did not seem as though I could stand it. This kept up for three long
months, until two doctors decided that months, until two doctor.
ydia E. Pinkham's pound and after taking Vit for two months Lysca, Jessup, Pa.
Women who suffer from female ills should try Lydia E. Pinkham's Vegeta-
ble Compound, one of the most success ful rompound, the world has ever knowns
fefore submitting to a surgical opera-


## Save the Babies.

I
 all the children born in civilized countries, twentytwo per cent., or nearly one-quarter, die before they reach one year; thirtyseven per cent, or more than one-third, before they are five, and one-half before they are fifteen!

We do not hesitate to say that a timely use of Castoria would save a ma jority of these precious lives. Neither do we hesitate to say that many of these infantile deaths are occasioned by the use of narcotic preparations. Drops, tinctures and soothing syrups sold for children's complaints contain more or less opium, or morphine. They are, in considerable quantities, deadly poisons. In any quantity they stupefy, retard circulation and lead to congestions, sickness, death. Castoria operates exactly the reverse, but you must see that it bears the signature of Chas. H. Fletcher. Cactoria causes the blood to circulate properly, opens the pores of the skin and allays fever.


