

## John Ruskin's Sacrifice.

 by nixola Grekery-smitil.WOMEN WHO CHARM
Health Is the First Essential Toward Making a Woman Attractive.


| There in a beauty and attractiveness in henith which is far greater than mere regularity of feature. | Míss Hulda Kup West 18th Street, writes: |
| :---: | :---: |
| A sicklv, irritable, and complaining woman always carries a cloud of depression with her; she is not only unhappy herself but is a damper to unhappy herself but is a anmper all foy and happineas when with ber family and friends. |  |
| It is the bright, healthy, vivacious woman whoulways charms an sunshine wherever she goes. <br> If a woman finds that her | Tna recommended and wethin nitx moathan $I$ want to rocorimend it to evory suffernic <br> moman. |
|  | Women who are troubled with |
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| Pho ehonld remember vilt Lydia E. |  |
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| ing the cause of the treatment may have failed. |  |
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| Miss Elizabeth Wynn, of No, ${ }^{205}$ 8th Avenue, New York' City, writes : |  |
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