What Do YOU Pay? Some men, thinking to economize, pay 5 cents for c. garettes. They might enjoy real quality, if they realized that 20 FATIMAS would cost them only 15 cents.

Liggett & Myers Tobacco Co.



SUGGESTIONS!! Two hat pins for the price of one. manufacture hat pins in sparkling crystal, amethyst, sapphire, also imitation pearl. Earrings in gunmetal and imitation pearl. 25c in currency for two hat pins or one pair earrings. We insist on refunding money if not satisfactory. The Secureon Novelty Company, Melrose Hlds., Mass., Drawer F

A. IN CULPHPER CO., VA.; 150 A. 560 a. titable, 3 story 12 r. residence, 550 a. J. B. Nalle, Woodrow, Fla. TS A. IN AMHERST CO., VA.: 55 A. CULT., 5 r. house, outbidgs., 1,600 fruit trees, stock, etc. R. N. Warters, Madison Heights, Va.

WILL SACRIFICE 220 A. IN YOLO CO., Cal; all cult, to grain; bargain price. P. ROSSI 251 Post St., San Francisco, Calif.

NOT A MERE POETIC MYTH

Abundant Proof of the Existence of Woman Warriors Known as Amazons.

For a long time it was held that the story of the Amazons, the valiant race of woman warriors, so great a favorite with the Greeks and other people of antiquity, was a mere poetic myth, but within recent years archeological researches have indicated that there were indeed woman fighters of high rank in those remote days.

A couple of years ago there was un earthed a sepulcher in that part of Italy known as Etruria, in which was discovered a war charlot of bronze and iros, wherein was crouched the skeleten of a woman. About this skeleton were the remains of rich robes and ornaments of gold and ivory, such as, in the old traditions, the Amazons wore in battle. The bronze work and the terra cotta vases fixed the date of the tomb as about 800 B. C.

The first stories of the Amazons assigned them to the northeastern part of Asia Minor, but Etruria was peopled from Asia Minor and had attained a high degree of skill in certain of the arts long before Rome was founded. Such evidence as this tomb affords is, in the opinion of more than one authority, more convincing than the pictures of Amazons on the old vases, or such legends as that of Queen Penthesila, who was said to have led 5,000 woman fighters to the aid of Priam during the Trojan war.

Takes Work. "The world owes every man a liv-

"Maybe. But you've got to be per sistent if you want to collect."

The Way of It.

"They say Buster failed for eighty thousand.

"No; he failed for the want of it." Looking.

Friend-What are you doing for a Another-Looking for one.-Judge

The Old School

"He's as advertising writer of the old school.

You mean a liar?"-Judge.

Beware of the man who grins when he gets angry

The Meat of Wheat

The average yearly consumption of wheat in the United States is nearly six bushels for every man, woman and child.

But-

Much of the nutriment of the wheat is lost because the vital mineral salts stored by Nature under the bran-coat are thrown out to make flour white.

In making

Grape-Nuts

of choice wheat and malted barley, all the nutriment of the grains, including the mineral values necessary for building sturdy brain, nerve and muscle, is retained.

Everywhere Grape-Nuts food has proven a wonderful energizer of brain and brawn, and you may be sure

"There's a Reason"

Poor Yet Making Rich

By REV. L. W. GOSNELL Dean, Moody Bible Institute

TEXT-As poor, yet making many rich. -II Cor. 6:10.

On Christmastide a certain Christian worker was troubled because he could not make many gifts. His poverty distressed him, until there began thrumming

in his brain the words of the text: As poor, yet making many rich." He forgot his poverty and began to understand the joy of the apostle, who had learned "to suffer need."

1. Paul enriched the world by his

All his preaching was enforced by his testimony, "I live, yet not I but Christ liveth in me." Spurgeon comments on the wondrous power of George Muller's preaching: it was quite simple, but the hearer felt that here was a man dealing with realities of which he knew. The bishop of Durham tells of a university preacher at Cambridge who generally spoke to empty benches, yet when the students were sick or dying they would send for this man; his life was fragrant.

2. His prayers were another source of Paul's riches for the world. We may say without straining language that he prayed "without ceasing," and we may follow him here. Says John R. Mott: "It is possible for the most obscure person in a church with a heart right toward God, to exercise as much power for the evangelization of the world as it is for those who stand in the most prominent positions. Therefore no one is excusable if he commits the great sin of omitting to We can make missionaries and native churches rich, aye, and our own church and community, too, no matter how poor we may be. Dr. G. Campbell Morgan tells of a preacher who would go from pew to pew in his church on weekdays and pray for those who sat there on Sunday; Dr. Morgan ventures the opinion that this is perhaps the highest service that even a great preacher could do for his flock.

3. His writings are one of Paul's gifts to the world. What a heritage are his epistles! We know how "Pilgrim's Progress" was written by a tinker in jail. If we object that this tinker had unusual genius, it may be replied that many ordinary persons, with love for Christ in their souls. have done valiant service with the pen. It was a letter from a friend, written with a faltering heart, that led Henry Clay Trumbull to Christ; the world knows of his splend'd service as of v. 14. The Lord in the person of sake of my child, and for the sake of preacher, explorer, expositor, Sunday the angel looked upon him and said, Saloons.' I'm no crank. I simply love of a woman who watched the daily record of deaths in the papers and sent to every bereaved household a letter or booklet containing a word for the Master: Who does not covet her reward and who could not do likewise?

4. His preaching was another of Paul's blessings for men. He could say to multitudes of converts, as he said to the Thessalonians, "What is our hope, or joy, or crown of rejoicing? Are not even ye in the presence of our Lord Jesus Christ at his coming?" Preachers, it has been said, are often like camels which are laden with spices and jewels, but they themselves feed on thistles. But though poor, how have they made many rich! We knew of one who had not realized all the ambitions of his early ministry; his churches had been obscure and his salary small, and it grieved him that his wife had dressed shabbily. Yet here, he had led a poor country lad to Christ; there, he had helped a boy get off to college; there, he had loaned his books to a hungry soul. And at his funeral his body was borne of bishops and lawyers and magnates who came to shed sincere tears over the man who had done them the greatest service ever performed for them-

who had led them to Christ. Spiritual treasure has been so showered upon us that we enrich men when we are unaware. We listened recently to the story of a young man who, after serving Satan well, had come to Christ. He was a sailor on an English ship, which was lying in a harbor off the coast of Cornwall. One quiet afternoon, as he was washing dishes there was borne to him from the shore the sound of Christian song. A casket was being carried through the village streets and the simple Cornish folk who followed were singing that noble hymn:

O God, our help in ages past, Our hope for years to come, Our shelter from the stormy blast, And our eternal home.

Little did they think of their audience in the kitchen of the ship yonder, but the song followed this wayward sailor lad over the high seas until he had found the true "Shelter from the stormy blast."

A soul in which Christ lives scatters light and blessing everywhere-"as poor, yet making many rich."

Abandon Habit of Doubt.

Doubt indulged becomes doubt realfred. To determine to do anything is half the battle. Courage is victory, timidity is defeat.-Nelson.

Exceptions. She-"We women have to stand a lot." He-"Not in the street car if you're pretty."-Boston Transcript.

Optimistic Thought. When pleasure exceeds its limits it becomes, a torture.

INTERNATIONAL

LESSON FOR JANUARY 17 THE CALL OF GIDEON.

LESSON TEXT-Judges 6:11-13, 33-40, cad entire chapter.
GOLDEN TEXT-Blessed is the man whom thou choosest.-Ps. 65-4.

We have before us now the fourth apostasy and servitude of Israel, one which seems to have affected chiefly the four northernmost tribes (v. 35). in preparation for the call and work of Gideon, the sixth judge, "the children of Israel cried unto heaven," and God sent unto them a prophet who encouraged their flagging faith in Jehovah and turned them back to him (6:1-10). The now impoverished and overridden Israelites, who had enjoyed prosperity after their former deliver ance, had again done evil and must first judge their sin and obey the voice of Jehovah before they could receive a message of hope and deliverance through one of Jehovah's prophets.

God's Call to Gideon. 1. Gideon in Prayer, vv. 11-13. That the "angel of Jehovah' was a manifestation of Jehovah is clear from a careful reading of verse 13. There the first use of the word "lord" is not capitalized, whereas in e second instance it is car'talized. This angel was a foreshadowing o the incarnation in Jesus of Nazareth. He is clearly identified with Jehovah (see Judges 2:1, 2; Gen. 16:10, 13, R. V.). It was thus that Abraham saw "my day" (John 8:56). "The angel of the Lord" at no time appears after Jesus came. as the revised text shows. The nomadic Midianites brought ruin to Israel as the bitter fruit of its sin. Then was uttered the cry for relief (Ps. 130). The father of Gideon is passed by, for he was a worshiper of Baal (v. 25). They who bear the vessels of the Lord, those through whom he works, must have clean hands. God's call to Gideon came to him (1) while he was alone, as he was threshing wheat in the hiding place of a winepress, for he dare not thresh in the customary open place of a threshing floor. This call came to him (2) as he was faithfully performing his duty, that one nearest his hand (v. 11, Ex. 3:1, 2; Luke 2:8, 9).

II. Gideon In Doubt, vv. 13-16. Gideon's thought must have been one of amazement as well as of doubt. His question, "Why then is all this befallen us?" was a most natural one and one that men even now are asking when they are in great trouble. Suffering and misery are not all to be laid at God's door, though he permit it, but chiefly at the door of sin (Ps. 77:7-9; Isa. 49:1, 2). It is possible that Gideon had not yet recognized his heavenly visitor (cf. v. 21). The name Gideon means "Hewer" or "Treefeller" and indicates, as all castern names do. something of his personal character or appearance. Hence the significance seeing all of his natural qualifications, my wife and this innocent child more "Go in thy might . . . have not I

sent thee? Gideon Was the Agent.

III. Gideon Assured, vv. 33-35. Gideon's first act on being assured of this heavenly communication was one of worship (vv. 17-26). His second one was to take ten picked men and overthrow the altar to Baal, thereby demonstrating the impotence of Baal and the futility of calling upon him for deliverance. The tribesmen at once light upon him as having performed this act and demand his death from Joash, his father, who seems to have been a sort of caretaker of the idol (v. 25). These same men later become Gideon's enthusiastic followers (vv. 34, 35). Gideon thus translated theory into action and gained confidence. It was one man against the community, and to further rebuke them he erected an altar to Jehovah (v. 28).

IV. Gideon's Caution, vv. 36-40. Spurgeon said that he never entered his pulpit to preach without trembling. and Gideon would have been more than human, even after assembling his army, had he been absolutely free from doubts. We should never place an "if" before any of God's promises, and Jesus reprimanded those of his day when they demanded a "sign" (wonder), but Gideon proved his heroism in part by his caution. Gideon was afraid of himself but was sure of God. such a demand was a weakness God | their wretched progeny." dealt with it with marvelous patience and tenderness, just as he condescends to treat our weaknesses. The very life of the nation is at stake, everything depends upon ..deon's success or failure. Caution and courage are never far

apart. Caution in the soul of courage. The fleece suggests a "figure of forlorn Israel;" the dew, the presence of the Holy Spirit. In the old dispensation the dew rested upon Israel while others were dry. In this dispensation Israel is dry while the dew of God

rests upon the nations. "When God calls lift your soul in prayer and follow in the direction it leads. As you lift your soul before God it will wax or wane. If it wanes, abandon it; if it waxes, follow it, though all hell attempt to stay you."-F. B. Meyer.

Easy to Live Splendidly.

The humblest man or woman can live splendidly. That is the royal truth we need to believe, you and I who have no "mission" and no great sphere to move in.-William C. Gan-

Thorough Reading. A few books well studied and thor oughly digested nourish the understanding more than bundreds but gargled in the mouth, as ordinary students use .- Osborn.



ALCOHOL AND THE MAN.

Why should the sale and manufac ture of alcoholic liquor be prohibited in our own country and in all the countries of the world? The answer says Dr. Carolyn Geisel, in her lecture on "Alcohol and the Man Himself," is found in the brain and body of man. She shows a chart containing the photographs of two brain cells-one from the brain of a normal man who had worked all his life for the good of humanity and bequeathed his body after death to the dissecting table; the other from the brain of an alcoholfe, a victim of the liquor traffic, who had gone to Paris and died in disgrace, and whose body was taken to the clinique, where the bodies of criminals, paupers and defectives are used for dissection. The picture of the two brain cells shows the normal with its multitude of fine fibers, all elastic for the life vibrations like a beautiful plume of feathers, and the abnormal, a mere skeleton of what it once was, distorted, stunted and thickened, all the finest filaments gone and what is left too stiff to feel except dimly any call of the living spirit.

Why doesn't a man stop drinking when he knows it is injuring him? This is answered by a chart containing a picture of one of the nerve centers of the brain. It, too, is feathery in general form and all its fronds are in curving or bending lines, as if waying or moving, except one. That is a short little straight line coming direct from the nerve center in a lateral direction. It is the inhibitory nervethe one that says "no." All the others are nerves of action, of impulse; this alone is the curb, the check, the brake. Alcohol attacks this nerve. softens, weakens and destroys it. In the brain of an alcoholic it is absolutety gone; how can the man say "no?" The will power which he had in his normal state is poisoned and wounded, and it hardens until it dies. He is utterly dependent on outside control for safety.

AS A FATHER SEES IT.

During a recent local option campaign one of the prominent citizens of the town stepped into the office of the local newspaper to transact some business. He was accompanied by his sunny-haired daughter, aged seven years. The editor asked the man what he thought about local option, knowing very well that his caller was recognized in the community as quite liberal in his views on this question.

Here is the answer the father gave: "This little girl was born seven years ago, when a lot of you fanatics were voting the saloons out of town. She never saw a saloon. I hope she never may. I drink a glass of beer occasionally, but I'll make some ar rangement to get it without compelling her to pass a foul-smelling saloon every time she goes to school, or to the post office or to church. For the my neighbor's children, I'll vote 'No than I love my booze. You can count me and this little girl against the open saloon every time."

"THE BATTLE IS THE LORD'S" "This war has given the greatest blow to the drink traffic the world has ever known. While empires are tottering, statesmen and people are beginning to realize the dangers of alcobol, and all nations are recommending total abstinence to their soldiers." says Miss Agnes E Slack of England. honorary secretary of the World's W. C. T. U. As one magazine writer well puts it: "That some of the cruel consequences of war should be unexpectedly offset by a great social and economic reform is one of the ironies

of circumstances." The stars in their courses are fighting for the destruction of the liquor traffic.

PUT AWAY THE GINMILLS.

This is the way the "Line-O'-Type or Two" column of the Chicago Trib-

une sizes up the situation: "If one is charitably disposed-as most of us are-he had better keep away from the poor parts of the city, and meditate at long range on the misery of the submerged fraction. Nothing more quickly dries the springs of sympathy than the sight of a string of ginmills doing a thriving business. Once assured of God's leading he was Here swarm the heads of families to willing to lead 300 men against the fling away their wages, and we are overwhelming force of his enemies. If asked to commiserate and support

> TAXPAYERS BEGINNING/TO SEE. The liquor traffic costs more each year than our whole civil service, our army, navy and congress; the river. harbor and pension bills; all we pay for local government; all national, state and county debts; and all the schools in the country. In fact, this government pays more for liquor than for every kind of government.-Lillian M. Mitchell, president Kansas W. C.

MOST VALUABLE ASSET.

The most valuable asset of any state and nation is its people. The wisest financiering is that which will save the people from drunkenness, poverty and crime and all the natural products of the liquor traffic. A state or nation can make no mistake even from a monetary standpoint in dissociating itself from such a business.-Lillian M. N. Stevens.

TROUBLES EXAGGERATED.

The liquor journals would have us believe that West Virginia's "first month's experience with the new temperance law has been a sad and disheartening one" because, they say, the state is full of "blind tigers" and "liquor hides." Well, so is Illinois and Ohio and New York and all the other wet" states.

THE NEWS TOLD IN PARAGRAPHS

Latest Happenings Gleaned From All Over the State.

LIVE NOTES AND COMMENTS.

Coasting Accident Proves Fatal. Saturday Session in School-Two Hurt In Shamokin In Coasting Accidents.

For entering a quarantined home at Sunbury, Stanley Ross was arrested by Dr. C. S. Hunt, a State health inspec tor. He paid a \$50 fine. When he lost control of his sled

a fractured skull, dying after sixteen hours of unconsciousness. Two coasting accidents, one fatal. occurred near Carlisle at the same hour and in almost the same manner. Sleds on which John Walker, aged 19,

After being out four hours, a jury in court, at Sunbury, awarded Ralph Ferry, a Shamokin miner, \$2,500 dam ages against the Mineral Railroad and Mining Company for a broken leg, suffered in an accident in the Henry Clay Colliery at Shamokin.

Walker and badly injuring Williams.

Mrs. Ida Blair, aged sixty-two, is in the Harrisburg Hospital, perhaps fatally burned, in a fire which destroy ed her home and two other houses Firemen rescued her from her bedroom on an upper floor after she had been cut off by the flames. Roy Blair, aged nine, was injured by a falling ceiling but not seriously.

While Miss Ruth O'Neill, daughter of the proprietor of Bellwood Hotel, was attending mass, a thief entered her room and stole a \$350 diamond ring, overlooking a diamond stick pin and pearl brooch. A stranger, who registered at the hotel is believed to have taken the gem, which he later tried to sell to an Altoona jeweler.

Filing his report with the Board of Education for the first half of the school term, Prof. Carmon Ross, supervising principal of the Doylestown Schools, asserted that most cases of truancy in the districts were due to the cigarette habit-that the boys, instead of attending sessions, go to out of the way places, and smoke.

For the first time in the history of the West Chester public schools, the Gay Street School, pursuant to the action of the Board of Directors, will hereafter be open on Saturdays in the afternoons for classes in manual training and in the evenings for instruction in gymnastics. The instructors will be supplied by the Training School for

Galen Hanley, chief clerk for the Susquehanna Coal Company, en erging from his office at Shamokin, was run down by a bob sled on Shamokin street, and was knocked senseless and badly injured. Harry Holbich, fourteen years, was crushed against a telegraph pole by a sled on another hill and was seriously if not fatally in-

Roscoe N. Lee, wealthy retired farmer, cut his throat with a razor while at the home of his daughter in Scranton. Lee consulted with physicians. They told him that he was a strong and healthy man, and that his ills were imaginary. He continued to brood over his condition, however, and after the members of his daughter's family had retired, ended his life with a razor.

Deputy Sheriff G. Grube, of Northampton county, received a check for forty-five cents from District Fire War den Kemmerer, of East Penn Township, Carbon county. Last summer Grube was hunting in Carbon county and ran across a forest fire, which he and others succeeded in putting out. The check for forty-five cents was compensation for his services in putting out the fire.

Christian Charles, aged twenty-eight, an East Indian, was arrested in Hollidaysburg as a supposed "black hander." A black hand letter had been sent to Moses Brown, demanding \$150 and threatening to blow up his home if he refused. The money was to be placed in a can in the alley back of his premises. The police arranged a decoy, secreted themselves, and when Charles picked up the can arrested him. He denied sending the

Four young women, natives of Austria, who were on their way from their homes in Cementon to Coplay, where they worked in a cigar factory, stepped out of the way of a shifting engine on the Lehigh Valley tracks, directly in the path of an eastbound express Katle Mada, aged sixteen; train. Yurkoski, aged twenty-four; Mary Katie Bankosk, aged sixteen, were killed instantly, and Mary Farenkopf, aged twenty, died soon after being carried into the station at Coplay.

Former Burgess Jesse Shallcross filed a suit in equity in the Chester County Court to restrain the town council of Coatesville from selling one bundred and eighty-five thousand dollars' worth of bonds to a Philadelphia banking firm. The money from the bonds was to be used for the construction of a new water works system to which Mr. Shalleross is bitterly opposed. All the big steel mills along the Brandywine fought the new water works on the ground that it would cause them to shut down for lack of

SAGE TEA DARKENS GRAY HAIR TO ANY SHADE. TRY IT!

Keep Your Locks Youthful, Dark, Glossy and Thick With Garden Sage and Sulphur.

When you darken your hair with Sage Tea and Sulphur, no one can tell, because it's done so naturally, so evenly. Preparing this mixture, though, at home is mussy and troublesome. For 50 cents you can buy at any drug store the ready-to-use tonic called "Wyeth's Sage and Sulphur Hair Remedy." You just dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time. By morning all gray hair disappears, and, after another application or two, your hair becomes beautifully darkened, glossy and luxuriant. You will also discover dandruff is gone and hair has stopped falling.

Gray, faded hair, though no disgrace, is a sign of old age, and as we all desire a youthful and attractive appearance, get busy at once with Wywhile coasting on a steep hill at Suneth's Sage and Sulphur and look years bury, Robert Cope, seventeen, suffered younger. Adv.

Appears as Counsel for Husband.

Mrs. Louise Nelson appeared before Judge Ryan as counsel for her hus band, George Nelson. She won the case, and received a "fee" of \$1.10 from the judge. Nelson and five others were arrested in a raid on a dice and Claude Williams, aged 29, were riding ran through fences, killing game. All but Nelson were fined one dollar each, with costs of three dol-

> "My husband is a good man, and vorks steadily," Mrs. Nelson pleaded

'He's not a gambler." "You have won your case," Judge Ryan said. "As a fee, Mrs. Nelson,

you can have this." The judge then handed Mrs. Nelson \$1.10 seized when the dice game was raided.-Chicago Tribune.

Competition. "My uncle Bill's down to Panama!

bragged little Harry. "Sho! That's nothin'," retorted little Billy. "My brother Jim's been to Australia!"

"Well, what if he has? My father's gone to Egypt!" said little Harry. "Pooh!" ejaculated little Billy. "My grandmother's gone to heaven!" Judge.

Showing Goods.

Redd-For a Philadelphia traveling salesman there has been built an automobile with a body composed of a series of shelves and nigeonholes for samples which unfolds and makes an extensive display.

Greene-If it turns turtle I should say it would make an extraordinary

Going Up.

Church-German naturalists are in terested in the fact that the wild rabbits of that country seem to be changing their habits, among other things building their nests above ground instead of in burrows.

Gotham-Everything seems to be going up.

on any makeup.

Blessings may come in disguise. But trouble never bothers about putting Some people judge books simply

Good Cause for Alarm

Deaths from kidney diseases have increased 72% in twenty years. People overdo nowadays in so many ways that the constant filtering of poisoned blood weakens the kidneys.

Beware of fatal Bright's disease. When backsche or urinary ills suggest weak kidneys, use a tested kidney medicine.

Doan's Kidney Pills command confidence, for no other remedy is so widely used or so generally successful.

A Pennsylvania Case

Newton B. Taylor, police sergeant, 111 E. Seventh St. Chester, Pa., says: "I suffered freadfully from pain across my back and I couldn't stand in one position long. When I went to bed, I had to keep turning from one side to the other, my de to the other, my back sched so badly, My kidneys were disordered and when Dosn's Kid-ney Fills were recom-mended, I used them They cured me and I haven't had any further

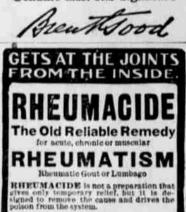
DOAN'S FILLS FOSTER-MILBURN CO., BUFFALO, N. Y.

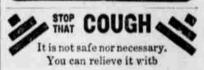
The Wretchedness of Constipation Can quickly be overcome by

CARTER'S LITTLE LIVER PILLS. Purely vegetable -act surely and gently on the

Cure Dizzi-

ss, and Indigestion. They do their duty. SMALL PILL, SMALL DOSE, SMALL PRICE Genuine must bear Signature





At All Droggists

Hale's Honey Of Horehound and Tar

Is pleasant to the taste. Contains no opium nor anything injurious. All druggists. Try Pike's Toothache Drope

It does not upset digestion or nerves.

PARKER'S HAIR BALSAM

Homen Everywhere

Praise Lydia E. Pinkham's Vegetable Compound

Women from the Atlantic to the Pacific, from all sections of this great country, no city so large, no village so small but that some woman has written words of thanks for health restored by Lydia E. Pinkham's Vegetable Compound. No woman who is suffering from the ills peculiar to her sex should rest until she has given this famous remedy a trial. Is it not reasonable to believe that what it did for these women it will do for any sick woman?

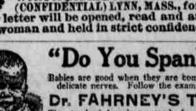
Wonderful Case of Mrs. Crusen, of Bushnell, III.

BUSHNELL, ILL.-"I think all the trouble I have had since my marriage was caused by exposure when a young girl. My work has been housework of all kinds, and I have done milking in the cold and snow when I was too young to realize that it would hard me. I have suffered very much with bearing down pains in my back and such miserable pains across me, and was very nervous and generally run down in health, but since I have taken Lydia E. Pinkham's Vegetable Compound my back never hurts me, my nerves are stronger, and I am gaining in health every day. I thank you for the great help I have received from your medicine, and if my letter will benefit suffering women I will be glad for you to print it."—Mrs. James Crusen, Bushnell, Illinois.

A Grateful Atlantic Coast Woman.

Hopgon, Me.-"I feel it a duty I owe to all suffering women to tell what Lydia E. Pinkham's Vegetable Compound did for me. One year ago I found myself a terrible sufferer. I had pains in both sides and such a soreness I could scarcely straighten up at times. My back ached, I had no appetite and was so nervous I could not sleep, then I would be so tired mornings that I could scarcely get around. It seemed almost impossible to move or do a bit of work and I thought I never would be any better until I submitted to an operation. I commenced taking Lydia E. Pinkham's Vegetable Compound and soon felt like a new woman. I had no pains, slept well, had good appetite and was fat and could do almost all my own work for a family of four. I shall always feel that I owe my good health to your medicine."—Mrs. HAYWARD SOWERS, Hodgdon, Maine.

For 30 years Lydia E. Pinkham's Vegetable Compound has been the standard remedy for female ills. No one sick with woman's ailments does justice to herself if she does not try this famous medicine made from roots and herbs, it has restored so many suffering women to health. Write to LYDIA E PINKHAM MEDICINE CO.
(CONFIDENTIAL) LYNN, MASS., for advice.
Your letter will be opened, read and answered
by a woman and held in strict confidence.



"Do You Spank Your Baby?" Babies are good when they are comfortable, and you must soot delicate nerves. Follow the example of wise mothers and give Dr. FAHRNEY'S TEETHING SYRUP