

Many distressing Ailments experienced by them are Alleviated by Lydia E. Pinkham's Vegetable Compound.

she Tells Her Friends to Take Lydia E. Pinkham's Remedies,
North Haven, Conn. " When I was 45 I had the Change of Lifo





## Box 197, North Haven, Conn. You are Invited to Write for Free Advice.

Wo other medicIne has been so succeessfur in rellieving woman's
Wuffering as has Lydia $\mathbf{E}$. Pinkham's Vegetable Compound. Women may receive free and helpfunadvice by writing the Lydia
E. Plnkham Medicine Coo, Lynn, Mnss. Such letters are received and answed by women only and held in strict confidence.

## The New Method




## 



THOUSANDS HAVE KIDNEY
TROUBLE AND DON'T KNOW IT


"Royalroad To Reading"
Before
"Royalroad To Writing"
Drinking Coffee, You Should Consider Whether Or Not It Is Harmful


## "There's a Reason" for

 PostumPATENTS


