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How Mothers may Help their Daughters into Womanhood



Every mother possesses information of vital value to her young daughter. That daughter is a precious legacy, and the responsibility for her future is largely in the hands of the mother. The mysterious change that develops the thoughtless girl into the thoughtful woman should find the mother on the watch day and night. As she cares for the physical well-being of her daughter, so will the woman be, and her children also.

When the young girl's thoughts become sluggish, when she experiences headaches, dizziness, faintness, and exhibits an abnormal disposition to sleep, pains in the back and lower limbs, eyes dim, desire for solitude, and a dislike for the society of other girls, when she is a mystery to herself and friends, then the mother should go to her aid promptly. At such a time the greatest aid to nature is Lydia E. Pinkham's Vegetable Compound. It prepares the young system for the coming change, and is the surest reliance in this hour of trial.

The following letters from Miss Good are practical proof

"Dear Miss. Pinkham:—I have been very much bothered for some time with my monthly periods being irregular. I will tell you all about it, and put myself in your care, for I have heard so much of you. Each month menstruation would become less and less, until it entirely stopped for six months, and now it has stopped again. I have become very nervous and of a very bad color. I am a young girl and have always had to you work very hard. I would be very much pleased if you would tell me what to do."—Miss Pearl, Good, Cor. 29th Avenue and Yeslar Way, Seattle, Wash.

The Happy Result.

"Dear Miss, Pinkham:—I cannot praise Lydia just simply."



No matter how pleasant your surroundings, health, good health, is the foundation for enjoyment. Bowel trouble causes more aches and joyment. Bowel trouble causes more aches and pains than all other diseases together, and when you get a good dose of bilious bile coursing through the blood life's a hell on earth. Millions of people are doctoring for chronic ailments that started with bad bowels, and they will never get better till the bowels are right. You know how it is—you neglect—get irregular—first suffer with a slight headache—bad taste in the mouth mornings, and general "all gone" feeling during the day—keep on going from bad to worse untill the suffering becomes awful, life loses its charms, and there is many a one that loses its charms, and there is many a one that has been driven to suicidal relief. Educate your bowels with CASCARETS. Don't neglect the slightest irregularity. See that you have one natural, easy movement each day. CASCA-RETS tone the bowels—make them strong—and after you have used them once you will wonder why it is that you have ever been

without them. You will find all your other disorders commence to get better at once, and soon you will be well by taking—
THE IDEAL LAXATIVE BEST FOR THE BOWELS ALL DRUGGIS DRUGGISTS To any needy mortal suffering from bowel troubles and too poor to buy CASCARETS we will send a box free. Address
Sterling Remedy Company, Chicago or New York, mentioning advertisement and paper.