"Trust Not to Appearances." That whith seems hard to bear may be a great blessing.
Let us take a lesson from the rough weather of Spring. It is doing good despite appsarances. Cleanse the sysiem
thoroughly; rout out all thoroughly; rout out all
impuritites from the blocd with that greatest specific, Hood's Sarsaparilla.


 Hood's Sarsaparillg STOCISAMOBRAIN




##  <br> hood. <br> to their sex cannot retain their beauty. Preservation of

 prettyand
duty womes awe to themselyes
 ering is a familar one in
young American women.
oour good looks are goung women, until Consuit Mrs. Pinkham at the outstart. Write to her at Lynn, Mass
Miss EDA ELLLs, Higginsport, 0 PIWEHAN-I am a school teacher and h , writes: "DRAR Mrss Puring my menstrual periods for ten years. My nervous sys. tem was almost $t$ wreck. 1 suffered with pain in my side and
 I am by oceupation a school teacher, and for a long while sur celved more benefit from Lydia E. Pinkham's Vegetat'" $C o m$ -
pound than from all remedies that I have ever tried."
Baar In Vind Thar "The Clois Help Those Who Melp Tham solvas," Soli Hopp Should Teach You fo Uso SAPOLIO

## THE <br> MARKS OF

SUFFERING

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