

DO ALL MY HOUSEWORK

Before I took Lydia E. Pinkham's Vegetable Compound I could hardly stand, says Mrs. Kwarcinski.

Chicago, Ill.—"I suffered with displacement and irregularities and I did not know what to do. My mother advised me to take Lydia E. Pinkham's Vegetable Compound and use the Sanative Wash so I took her advice and used these remedies and cured myself. I feel fine and do all my housework which I could not do before, as I could hardly stand up and I have three healthy children. You can use this letter if you wish, for your remedy is certainly wonderful for sick, run down women."—Mrs. A. KWARCINSKI, 3627 W. Oakdale Ave., Chicago, Ill.

For forty years Lydia E. Pinkham's Vegetable Compound has been making women strong and well, relieving backache, nervousness, ulceration, and inflammation, weakness, displacements, irregularities and periodic pains. It has also proved invaluable in preparing for childbirth and the Change of Life.

Women who suffer are invited to write for free and helpful advice to Lydia E. Pinkham, Medicine Co. (confidential), Lynn, Mass. It is free and always helpful.

Traveled Far for Wedding.
Before the war, a couple, both hailing from Auckland, New Zealand, came to a little village church in Cumberland to be married. It was the church where the bride's parents had been married just 25 years before. The couple had come 15,000 miles to be married in that church, and they set off on their honeymoon back to Auckland.—London Times.

Important to all Women Readers of this Paper

Thousands upon thousands of women have kidney or bladder trouble and never suspect it.

Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease.

If the kidneys are not in a healthy condition, they may cause the other organs to become diseased.

You may suffer pain in the back, headache and loss of ambition. Poor health makes you nervous, irritable and may be dependent; it makes any one so.

But hundreds of women claim that Dr. Kilmer's Swamp-Root, by restoring health to the kidneys, proved to be just the remedy needed to overcome such conditions.

Many send for a sample bottle to see what Swamp-Root, the great kidney, liver and bladder medicine, will do for them. By enclosing ten cents to Dr. Kilmer & Co., Binghamton, N. Y., you may receive sample size bottle by Parcel Post. You can purchase medium and large size bottles at all drug stores.—Adv.

A Foreboding.
"Henrietta and I have had some pretty warm arguments about public questions," remarked Mr. Meekton.

"Married people should not sacrifice their independence of thought."

"Of course not. But I hope they'll never revise the laws so as to grant divorces on the grounds of incompatibility of politics."

Sure Relief



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INDIGESTION
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BELL'S
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Thousands of Happy Housewives in Western Canada

are helping their husbands to prosper— are glad they encouraged them to go where they could make a home of their own—save paying rent and reduce the cost of living—where they could reach prosperity and independence by buying fertile terms.

Fertile Land at \$15 to \$30 an Acre

—land similar to that which through many years has yielded from 20 to 45 bushels of wheat to the acre. Hundreds of farmers in Western Canada have raised crops in a single season worth more than the whole cost of their land. With such crops come prosperity, independence, good homes, and all the comforts and conveniences which make for happy living.

Farm Gardens—Poultry—Dairying

are sources of income second only to grain growing and stock raising. Good climate, good neighbors, churches, schools, rural telephone, etc., give you the opportunities of a new land with the conveniences of old settled districts. For illustrated literature, maps, description of farm opportunities in Manitoba, Saskatchewan, and Alberta, reduced railway rates, etc., write Department of Immigration, Ottawa, Can., or

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