THE NORTH PLATTE SEML.WEEKLX TRIBUNE


## HOW WOMEN AVOID SURGICAL OPERATIONS

Some Are Extremely Necessary, Others May Not Be
Every Woman Should Give Lydia E. Pinkham's Vegetable Compound a Trial First








 Burpound, after it had been declded an operation was necessary



 It ir very true that femalo troubles may through neglect reach a stage


 been advised by attending
Lydia E. Pinkhan's Private Text. Book upon "Aliments Peeu-
Hiar to Women" will be sent to you free upon requent Wer Hiar to Women" will be sent to you free upon request, Write This book contains valuable information.
Be Sure to Keep Blood Pure

## In Summer

| Nature intended all creatures to withstand the normal changes of animal collapso from heat, did you? | that will drive the impurities out and leave your blood stream nour ishing and robust. <br> S.S.S., the well known herb alter- |
| :---: | :---: |
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| either, if they had vitality animala get fro | S ${ }^{\text {your }}$ Then wruggist to today, |
| their blood. | condition, addressing |
| Rich, wholesome |  |
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| hot weather lays you low, start now to fortify |  |
| now with a good | dividual case, |
| IRING YOUTH FLIES HIGH | ABLE TO FOLLOW ANY TR |
| He Educational Quallfications for <br> Secret Service Were Not Revealed in Letter. | East Indian Sect, Are Among Most Skillful Tracker in the World. |
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|  | They track beara, panthers and other |
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| dike to have $n$ Job lliee that so | twes turn out |
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| an give me a Job 1 will do good |  |
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| ou all to help Me out aibutt it 1 Wmil | ${ }_{\text {Pram cover }}$ |
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| nk about to and tell me Whint | The panther's tread is so soft that |
| nse and Salury is."-Ludtanap- |  |
|  |  |
|  | these wary animals when they stow |
|  |  |
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## You Always Get

 full food value for your Grape:NutsEach golden granule of this attractive wheat and malted barley food is rich in nutriment for body and brain. air-tight packet for breakfast or lunch.
Crisp-Delicious-No Waste
"There's a Reason" for Grape=Nuts

