

Health and Beauty

For generations women have been taught that "beauty is only skin deep," but, like many proverbs, that will not stand. Beauty is blood deep. There can be no beauty without health. Our grandmothers lived closer to nature than we do, and they were so sheltered by their home life that health and beauty were theirs naturally. Skin foods, freckle lotions and face bleaches were unknown commodities. But there has been a great change in the life of women since then. With broader education and larger opportunities, she has developed mentally at the expense of her health. From the quiet duties of home she has gone forth until now we find her in many avocations of life, which prove too great a tax on her vitality. How sad it is to see the cheek robbed of its color and the eye of its fire. These symptoms nearly always show derangements in the delicate feminine organ. ism. They don't call for bleaches or paints or powders, but for a remedy that will make the afflicted organs strong and well. Wine of Cardui is just such a remedy. Women broken in health and spirit have been made

should give up to the "blues" until this reliable remedy has been tried. It has proven a blessing to other women and will not disappoint you. It brings that buoyancy of spirit, elasticity of step and lightness of heart which is the corner stone of beauty. A healthy woman is always beautiful.

Westville, February 4, 1899. I feel that I must say a few words in praise of the Ladies' greatest friend, Wine of Cardui. It is the most wonderful remedy that I ever tried. I have been a sufferer for years, at times being confined to my bed two or three days each month. A friend recommended Wine of Cardui, and since I have taken it I have been greatly relieved. I intend to continue to take it, for I know it is as recommended. I will use every effort to get others to use it. Mrs. MARY E. COOLEY.

Take Heart.

Though fearful storms have swept in warch About thy toilsome, rugged path,

- And thou hast offimes been castdown
- And sore dismayed my Fortune's frown, Faint not, but bravely bear thy

O fellowman; once more take

heart. 100

The storm is followed by the · clam,

And winter gales by airs of · balm,

Dark night gives place to sunbright day;

Let hope still chee" thee on thy

*Beyond the cloud still shines the

Press on till the work is done.

Perchance thou many times hast failed,

Some weakness over thee prevailed.

And thou hast faltered in the strife

life:

thy pain,

. fast;

thy hands,



The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of

and has been made under his personal supervision since its infancy. Hilcher. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children-Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhœa and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea-The Mother's Friend,

Dr.

