DOCTOR
ADVISED
OPERATION


CuredbyLydiaE.Pinkham's Vegetable Compound





 ATCHISON'S ORDER OF SPINS




| "The Smack" <br> of the "Snack" <br> Post <br> Toasties <br> and Cream <br> A wholesome, readycooked food which youngsters, and older folks thoroughly enjoy. <br> Let them have all they want. It is rich in nourishment and has a winning flavour- <br> "The Memory Lingers" <br> Postit CIIREAL CO., 1/TD. <br> thattle Creela, MLeh. |
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## An Experience

into their pale cheeks and energy into their weary frames Read this letter from Mrs. Albert Root, of Amanda, Ohio, relief:

misery in hardly ever without a headache, and often had in bed half the back and sides," she writes. "I was sick ralgia of the stomach. Since taking Cardui, the woman's tonic, I have gained 10 pounds, and now I can do all of ook like a different, and washing, and my friends say I take CARDUI

The Woman's Tonic No harmful effects can possibly come to young or old from the use of Cardui, the woman's tonic. Thousands of
women have written, like Mrs. Root, to tell of the great benefit they obtained from its use. medicinal herbs, acting mainly on the womanly constitution and building up both nervous and vital energy. ideal remedy, for delicate, atiing women.

## Do You Know

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