AFTER 10-DAY FAST MAN IS NOT HUNGRY

Until Pangs Are Felt, Portland Architect Will Continue Without Food.

WEIGHT IS LOST SLOWLY

Waiting for "Second Hunger," Albert S. Houghton Says He Feels Better and Former Headaches Have Disappeared.

Although he has gone ten days without a morsel of food, Albert S. Houghton, a photographer, in the Selling-Hirsch building, says he is not hungry. He says that he intends to continue his fast ten days longer, if he does not become hungry before that time. During his protracted fast he has continued his work as usual, and said yesterday that except for a slight weakness he felt as well as before he stopped eating.

In many ways, Mr. Houghton said yesterday, he feels better. "I can think better," he said, "and my skin is clearer. It is amazing what a quantity of poisonous matter nature will throw off when the food is cut off and the eliminative organs are given a chance to do their work properly."

Sinclair's Experience Guide.

Mr. Houghton was led to try the "fast cure" by reading an article by Upton Sinclair, in the Cosmopolitan. In it Mr. Sinclair tells of seeking relief from stomach troubles, bilious headaches and intestinal disorders with the aid of medicines and by treatment at a noted sanatorium and a trip to the Bermudas and to the Adirondacks. He tried "Fletcherism," which consists of a thorough mastication of the food, and was led to the belief that a prolonged fast would cure him of his stomach disorders. He tried it 12 days, he asserted, and afterward tried it with beneficial results.

Mr. Houghton's experience thus far has been much the same as Mr. Sinclair's. The photographer said yesterday that when he began the fast his eyes were bloodshot and yellowish. But in the ten days these symptoms have vanished. Mr. Houghton was also troubled with headaches, but he says these have disappeared.

"For the first two days I was ravenously hungry," he said. "Since that I have had no desire for food and intend to continue fasting until I get my second hunger, even if I fast 20 days. Thus far I have been able to continue with my work here in the studio. I am somewhat weak, but I walked up the two flights of stairs this noon without difficulty. If I find myself too weak from lack of food I shall employ someone to take my place in the studio.

Pound a Day Lost.

"The object of the fast is to give the system a chance to throw off the poisonous matter which has accumulated, until it is thoroughly cleansed. When the poisons are not thrown off as they should be they are taken up by the blood, and a person begins to feel 'dopey.' Uric acid accumulates in the system, and the person feels blue. I bathe every other night and take an enema every night, besides drinking plenty of water.

"Yes, of course I am losing weight. I weighed 160 pounds three years ago, when I came from California. When I began to fast I weighed 144 pounds, and yesterday I weighed 135 pounds, so that I have lost nine pounds in as many days. I sleep well every night.

72-Hour Fast Easy.

"Upton Sinclair says he had fasted 72 hours at the same time the Messina earthquake sufferers were fighting for food, with the pangs of hunger gnawing at their stomachs. Yet they had gone only the same length of time without food that Mr. Sinclair had. This hunger was caused by the fear that they were starving to death, but a man can't starve to death until he is skin and bones—until he has no vitality left.

"When I begin to take food again I intend to take orange juice at first and to follow that with milk.

"Some people thought I was crazy when I began this fast, but they have changed their minds since they read in The Oregonian that a woman in Idaho has tried the cure with success. I used to think I must have my meals at stated times, and that if I missed a meal, no matter whether I felt hungry or not, it was bad for me. But it is sometimes better to go without food for a few days. Of course there's a limit, beyond which I don't think any man should go. When my second hunger comes I shall break my fast."

WILLAMETTE VALLEY FRUIT

Call for Apple Conference at Albany, Or., May 6.

LAFAYETTE, Or., April 28.—(To the Editor.)—This is an open letter to the apple-growers of the Willamette Valley. Probably the most important meeting in the history of apple-growing in the Willamette Valley will be held in Albany Friday, May 6, under the direction of the Willamette Valley Apple-Growers' Association and of the State Board of Horticulture. The present moment is a crucial one for the industry in the Willamette Valley and presents opportunities that may never again come to the grower of apples. This year's crop will be extraordinary in all sections of the Valley, and the business of marketing the fruit must be put upon a sound basis, if growers are to make the most of the peculiar market situation. There must be an organized and systematic co-operation all over the Valley in packing and marketing, for the time has come when a definite output must be delivered to the trade as Willamette Valley fruit.

The short crop in Eastern apple-producing sections, the sloughy pack and poor quality of fruit put out by other sections of the Pacific Northwest last year, give the Willamette Valley an opportunity which we must be quick to seize. We are already reaping the benefit of the carelessness of our neighbors, in early and persistent demands for our output. If an individual quality be established in our pack, and strictly adhered to this year, we can easily stand at the very top of apple-growing sections in the estimation of the trade. We have at this moment such an opportunity as surely will not come again in our generation.

The working out of the details of a plan of co-operation will be one of the main objects of the Albany meeting, but other matters of almost equal importance will be taken up.

Every apple-grower in the Willamette Valley and representatives from every local association should be at the meeting.

M. O. LOWNSDALE,
L. T. REYNOLDS,
W. K. NEWELL,
Executive Committee, Willamette Valley Apple-Growers' Association.

SCENES ATTENDING INAUGURATION OF UNION REVIVAL TABERNACLE, CORNER EAST TWELFTH STREET AND HAWTHORNE AVENUE.

Above, Audience Gathering. Below, Rev. Herbert C. Hart, Evangelist, and Rev. Arthur Magann, Singer.

FISHING LAW VIOLATED

STORAGE PLANTS FULL AT BEGINNING OF SEASON.

Salmon Impounded in Sloughs Waiting for Legal Date Will Be Marketed Today.

Among the fishermen quartered at the hotels of Portland yesterday, the belief was expressed that shipments of salmon coming off the scales Sunday night, Monday and Tuesday should not be taken as indicative of the fish run for the season.

"While there has not been during the closed season such an open and defiant activity among the fishermen on either side of the river as in past years," declared a well-known Columbia River storage packer, "the deliveries on Monday will be something astounding.

"It is true that cold-storage plants on the Washington side were so full of fish that they fairly leaked salmon Saturday night. I am told that the plants at Kalama could hold no more. They undoubtedly had been taken since the 1910 run started.

"It is common knowledge that in the sloughs and inlets breaking back from the river and which are more or less concealed from view from the river, fishermen have been steadily at work on the Washington side. In many instances fences have been placed across sloughs, where holding ponds are made. In some of these there are from six to 30 tons of salmon. Fish held in that way will be marketed today and tomorrow.

"It is almost impossible for the fish wardens to prevent that sort of poaching. The fishermen learn the peculiarity of the sound made by every gas engine on the river. What chance has the flagship of Admiral McAllister to catch the fishtaker when the cutter runs down the river carrying two lights, and announcing her arrival by the chugging of her machinery for minutes before the boat gets near the man she wants to capture?

"Canners at Portland, McGowans, Warrendale, Megler, Altoona, Pillar Rock, Cathlamet, Goble and Astoria will receive a large lot of mighty fine fish today."

SAFE FOURTH IS URGED

Forest Grove May Celebrate Anyway, at Fairgrounds Near Town.

FOREST GROVE, Or., May 1.—(Special.)—Eager that the City Council shall enact an ordinance against the sale of firecrackers in this city, women of the local clubs are to circulate petitions to urge the Councilmen to pass the bill now under cinsideration.

At Buxton, 13 miles north of here, plans are on foot to hold the noisiest Fourth of July celebration ever held in that part of the country. Banks will also celebrate.

It is probable that even if the ordinance prohibiting the use of fireworks is passed, Forest Grove will have an old-fashioned, noisy Fourth, as the celebration will be held to inaugurate the new fair grounds now being put into shape, a mile east of town.

Albert S. Houghton, Who, After Ten Days Without Food, Is Waiting for Hunger to Tell Him It Is Time to Eat.

Change in Time Northern Pacific Railway.

Effective May 1 Tacoma-Seattle Express will leave at 6:45 A. M. instead of 7:00 A. M.

Going Street Addition is in the path of the great East Side building movement.

The sudden demand for popular education in China is shown by the fact that the school attendance in one province has increased 8000 per cent in five years.

7000 AT MEETINGS

Two Large Congregations Attend Revival Services.

30 CHURCHES INTERESTED

Rev. Herbert Hart and Rev. Arthur Magann, Evangelists, Conduct Union Exercises in Hawthorne-Avenue Tabernacle.

With two largely attended services yesterday, Rev. Herbert C. Hart and Rev. Arthur Magann, evangelists, opened the union meetings in Hawthorne Park tabernacle, in which 30 churches, representing many denominations, have united.

At 3 o'clock in the afternoon, the first services were conducted in the presence of about 2000 people, and the attendance was nearly 5000 at night, when the second meeting was held. In the afternoon, most of the programme was devoted to organization and the address of Rev. Mr. Hart was directed to the members of the churches. Ministers from the different churches were seated on the left side of the platform, and the singers from the church choirs occupied the chairs back of the speakers' platform. A stirring song, led by Mr. Magann, was the opening number of the services. Rev. Clarence True Wilson, of Centenary Church, in a few words introduced Rev. Mr. Hart. Rev. Mr. Wallace said that practically every East Side church had united in the union meetings.

Rev. Mr. Hart delivered a talk, setting forth the conditions under which revival might be expected that would stir Portland.

"The church of today is well organized," said Rev. Mr. Hart, "and in fact has too much organization. There is certainly no lack of organization, with the Epworth League, the women's and other societies, but these lack power. There is no lack of social prestige in the church; there is no lack of money, no lack of great learning, leadership, statesmanship—no lack of education and culture. All these the church has in abundance. It has great men in all walks of life, it has great educators and men of great wealth, men who open their purses to the missionary cause. There is abundant Christian education.

20,000,000 Conversions Wanted.

"There was a call for $20,000,000 for Christianity, but what we want are 20,000,000 souls converted. If the church does not lack money, brainy men, statesmen and leaders of thought and education, then what does it lack? The answer is: The church lacks the Holy Ghost. It is out of touch with the teachings of Jesus. If we are to have a great revival here in Portland, we must have a clean church. Sin must not be covered up. We must be a united church. The church must have faith and belief."

Rev. Mr. Magann sang a solo at the close of the afternoon services. Rev. Mr. Hart announced that meetings would be held every day, except Saturday, at 3 P. M., and at 7:30 every evening, except Saturday.

A rest-room had been provided in one corner of the tabernacle for use of mothers. Rev. Mr. Hart said that he wanted mothers to come with their babies, but wanted them to retire to the rest-room if the babies cried.

It was announced that singing will be made a special feature of all the meetings, and all singers from all the church choirs and those who are gifted with good voices are requested to send in their names and join the general choir. While the union meetings are in progress, the East Side churches will have morning services Sunday, but no evening meetings either Sunday or during the week-days.

Euster Boosts Meeting.

Of the evangelistic services in Hawthorne Park, Rev. W. T. Euster, pastor of Sunnyside Methodist Church, said in his sermon yesterday morning:

"I want all who can to attend the union meetings at the tabernacle in Hawthorne Park. I think it would be a good place for the officials of this and other churches to go. We ministers ought to go. The first meetings will be for the benefit of the churches, and we ministers and officials ought to take our medicine."

Rev. Mr. Euster made no allusion to his differences with the building committee of his congregation.

DR. HINSON FILLS PULPIT

San Diego Man May Accept White Temple Pastorate.

Dr. W. B. Hinson, of San Diego, preached yesterday morning at the White Temple on "First Things First" and last night on "The Biggest Thing in America." Before launching upon his morning sermon, Dr. Hinson made remarks which led members of the White Temple to think he intends to accept their offer of the pulpit.

Dr. Hinson said he was to preach at the White Temple for a month, and that there is a possibility he will be pastor of the local church for ten years. He had no idea of accepting the call when he visited Portland six weeks ago, he said.

He will meet with the prudential committee of 25 at 8 o'clock tonight, when a decision may be reached.

At the morning communion service preparation had been made to serve wine in the individual communion glasses to only 250. But when the trays were passed these glasses were all taken and a large number left unserved. Rev. John Bentzien, the assistant pastor, apologized for the failure of the deacons to provide sufficient wine.

NEW CHURCH IS DEDICATED

Archbishop Christie Conducts Ceremonies at Sheridan.

Archbishop Alexander Christie left in the Catholic chapel car yesterday for Sheridan, where he dedicated the Church of the Good Shepherd, the first Catholic Church in the town. This church was built through the efforts of Rev. T. B. McDevitt, who accompanied the Archbishop, as did also Rev. Arthur Delorimier. Besides the clergymen a large number of Catholics went from Portland, a special train being run for the occasion.

Mass was celebrated at 11 o'clock and after the dedication Archbishop Christie preached. The new church has a seating capacity of about 400 and cost $6000. Father McDevitt has secured the funds for the erection of churches at Newberg, Dallas and Independence.

Articles of Incorporation.

WALLA WALLA VALLEY RAILWAY COMPANY—Incorporators, Lewis A. McArthur, R. D. Greer and E. D. Hanna; capitalization, $500,000.

WILLAMETTE FUEL & SUPPLY COMPANY—Incorporators, C. R. Springer, Ira E. Allen and G. F. West; capitalization, $10,000.

Marriage Licenses.

BENJAMINE-BIDWELL—Arthur Benjamine, 22, San Francisco; Hazel Bidwell, 20, city.

SHAVER-HILL—Walter H. Shaver, 25, North Yakima; Maud W. Hill, 22, city.

TURNER-PURKERSON—E. F. Turner, 26, 127 East Yamhill street; S. C. Purkerson, over 18, city.

DU PUIS-WIKSTROM—C. N. Du Puis, over 20, Holton, Or.; H. M. Wikstrom, 19, city.

BUKMEIER-SIMON—Paul Bukmeier, 28, 535 Seventh street; Katie Simon, 23, city.

WATERMAN-STANFORD—Warner E. Waterman, 22, Arleta; Annie E. Stanford, 20, city.

LOWDER-RADCLIFF—William L. Lowder, 22, Vancouver, Wash.; Laura E. Radcliff, 19, city.

BRETTAIN-SNYDER—Charles J. Brettain, 29, Hoquiam, Wash.; Ethel L. Snyder, 23, city.

Wedding and visiting cards. W. G. Smith & Co., Washington bldg., 4th and Wash.

Our Large Staff of World-Renowned Specialists

Are Busy Each Day Demonstrating to the Public

The fact that the most scientific dental work can be had at our offices, 148 Fifth, at prices never before attempted in any other first-class office. We are doing all kinds of high-grade dental work at one-half the price charged by any other reliable office. All dentists here are graduates of from 12 to 20 years' experience.

A First-Class 22-k Gold Crown $3.00 **First-Class 22-k Gold Bridge Teeth $3.00**

All crown and bridge attachments are made of solid 22-K. gold and HAND-MADE, to fit each individual tooth. DR. WYTHE'S DENTISTS make all gold crowns to measure of solid 22-karat gold. WE ARE DETERMINED to show the people of Portland that we are advertising on the strength of our skill and expect to reap the benefit by your future patronage and recommendations.

GOLD CROWNS $3.00

Dr. Wythe's plan is to give the public the best work possible for the least money, and not ask pay for the work before it is done. You need have no fear in coming to Dr. Wythe's offices, for even if you have an examination, and an estimate is given you, it does not obligate you to have your work done here. We will gladly look your work over and advise you what to do.

Our "Continuous Gum," Natural Color, Unbreakable Plates, formerly $15.00, now.....$8.00

WITH DR. WYTHE'S DOUBLE AIR CHAMBERS YOUR PLATES CANNOT COME LOOSE OR FALL

A Full Set $5.00

A Full Set $5.00

Dr. Wythe's Double Air Chambers are not made in any other office in Portland. If you have had trouble with loose-fitting teeth, come here. If you are just getting new teeth, DO NOT allow your mouth to be ruined by loose-fitting plates.

DR. WYTHE'S DENTISTS "Incorporated"

148 Fifth St., Straight Across the Street From Meier & Frank's Fifth-St. Entrance.
Hours, 8:30 to 8; Sundays, 8:30 to 2. Lady Assistant Always in Attendance.

FILMS ARE BLAMED

Minister Says Children Are Going Amusement-Mad.

SOULS ARE ENDANGERED

Spice Should Not Be Substituted for Bread of Life—Billboards, Fight Pictures and Noisy Fourth Are Also Denounced.

Scoring immoral moving-picture shows, and especially moving-picture exhibits of prizefights, as causes contributing to make juvenile delinquents, Rev. Dr. William Hiram Foulkes preached at the First Presbyterian Church last night on "Contributory Delinquency." He first referred to compulsory education, child labor laws and the physical examination of children as forward steps. He eulogized Judge Bronaugh's administration of the Juvenile Court, and then paid his respects to cheap theaters and billboards.

"Some people think that the minister, with his Puritanic views, does not know that the child must be amused and that variety is the spice of life," he said. "When the spice of life is substituted for the bread of life, however, trouble soon ensues. The children of today are amusement mad. They are making a business of what God intended they should turn aside to only once in a while.

Children's Souls Assailed.

"And if we say this of the children, what shall we say of those who are engaged in the traffic of the souls of children with no other thought than financial gain? I said souls of children. We are still engaged in our traffic in the bodies of children, and when the glorious Fourth rolls around again—for, though an effort was made to have a real sane Fourth, the financial profits of the merchants weighed against the welfare of the children—we shall pay the toll in little children's lives.

"Another thing: Nine-tenths of the pictures upon the billboards advertising the plays at the theaters contribute to juvenile delinquency. Can you tell me that a young girl pure in mind can look upon the picture of a woman, clothed in the garments of harlotry, with wine flowing, and remain unchanged in heart? The comic newspaper supplement is ruining the esthetic taste and loosening the moral fiber of young minds. The language printed and the things portrayed are neither artistic nor uplifting.

Impure Thoughts Engendered.

"Some of the cheap theaters are half decent. In many of them depraved pictures are thrown on the screen. I have nothing to say against legitimate amusement, nor against those who are making a business of furnishing amusement. But many things advertised are not fit for eyes to see and the suggestive thoughts which come as a result are not fit for human hearts.

"My attention was called to the pictures of the prizefights more than a week ago. I took the matter up with Mayor Simon and the Police Commissioners, and was assured that something would be done. I was obliged to leave the city for a few days, but when I returned the sign advertising them was still up. We have had a few 'boxing contests' where the boxers did what they usually do at prizefights, but we have flattered ourselves we had no real prizefights. Yet here at the moving-picture exhibits, where two-thirds of the audiences are children, the prizefight is brazenly advertised and thrown upon the screen.

"There is nothing more important to Portland than an honest, equitable, business administration of her affairs. But any administration that puts business, so-called, over against morals, and that makes it easy for little feet to go in forbidden paths, is bringing condemnation upon the city."

PERSONAL MENTION.

H. M. Gardner, of Drain, is at the Lenox.

H. D. Sanborn, of Seaside, is at the Oregon.

John Haps and Henry Buemeister, of Great Falls, and John Brooks, of Lewiston, form a party of Montana men who are looking over Oregon offerings and staying at the Ramapo.

H. A. Dedman, of Canby, spent Sunday at the Perkins.

A. B. Arrington, of Astoria, will be at the Nortonia this week.

M. J. Walsh, of Toronto, registered at the Cornelius yesterday.

John Wortman, of the Bank of McMinnville, is at the Lenox.

Dr. James Withycombe, of Corvallis, spent Sunday at the Imperial.

J. H. Hayden, merchant of Walla Walla, is at the Oregon for a few days.

C. Schmidt, proprietor of the Astoria Cannery Company, is at the Imperial.

Herman Wise, ex-Mayor of Astoria and a well-known merchant, is at the Cornelius.

W. B. Presby, engaged in the practice of law at Goldendale, is among the crowd at the Perkins.

Captain William Kidston, commanding the steamer Beaver, is at the Seward while the vessel is in port.

W. S. Crowell, banker at Medford, came in on the Shasta Limited last night and registered at the Seward.

Thomas Duncan, of Pendleton, is among the Eastern-Oregon visitors at the Perkins. He is accompanied by Mrs. Duncan.

S. H. Friendly, a regent of the University of Oregon and a prominent merchant of Eugene, was at the Nortonia yesterday.

H. T. DeWitt and G. H. Shaw, foremost among the fruitgrowers of the Hood River district, were arrivals at the Perkins last night.

Mr. and Mrs. George M. Kerr and son, of Detroit, reached the Lenox yesterday on a tour of investigation of Pacific Northwest conditions.

W. I. Vawter, former member of the Legislature and lawyer of Medford, reached the Imperial yesterday, accompanied by F. E. Merrick.

Henry Woodruff, leading man for "The Prince of Tonight" company, will be at the Portland while fulfilling his engagement in this city.

H. E. Coolidge, grand master of the Independent Order of Odd Fellows in Oregon, came in from La Grande yesterday and is at the Imperial.

R. W. Chamberlain and J. F. Hosa, of Chehalis, who are prominently identified with the advancement of Southwestern Washington, are at the Portland.

John W. Corson, of Vale, who is devoting time and money to the development of Oregon oil fields, was among the arrivals at the Oregon yesterday.

Ben G. Vieth, proprietor of the Madison Hotel, at Jefferson City, Mo., and who was one of the hotel men recently entertained in the city, returned yesterday to the Nortonia, accompanied by Mrs. Vieth and daughter. Mr. Vieth intends to see more of Oregon.

CHICAGO, May 1.—(Special.)—A. G. Kennedy, of Portland, registered at the Grand Pacific Hotel today.

MERCY FOR PRISONERS

Parallel Between Cases of Jean Valjean and F. E. Orr.

PORTLAND, April 29.—(To the Editor.)—I cannot refrain from commenting on the recent instance of the arrest of a man in our city who was pursuing an honest calling and living a righteous life by the testimony of all his associates, but who was an escaped convict from the Washington State Penitentiary. I refer, of course, to the case of Frank E. Orr, alias Adams, who, through the "tip" of a former fellow convict, was arrested by the police and taken to the Penitentiary to serve out his term for the offense for which he was endeavoring to make reparation to society by living an honest life and following a useful vocation.

This, to my mind, is exactly contrary to the doctrine of good public policy. Orr, or Adams, as the case may be, was unquestionably endeavoring to reform his life, while the stoolpigeon who "tipped him off," in consideration of pecuniary reward, and in mitigation of his own punishment, will be thereby let free sooner to ply his calling in the community without any intention or hope of atonement. Now, I question these methods of administering "justice." The theory of the law, as we have been led to understand, is the reformation of the criminal rather than his punishment. Here is a man that has gone wrong, obtained his freedom and within 250 miles of his place of incarceration established himself in business and made an honest effort to live a proper life, with such success as to win the encomiums of his fellow citizens who had no knowledge of his former life. He is prevented from doing this and disgraced by an unholy combination of "justice" and a "stoolpigeon." We have in this country, and in Europe, societies organized for the purpose of trying to reestablish and aid people to reform their lives, people who have been convicted of crime. We have one such society in this city, which is backed by our foremost citizens, who give both of their time and money to its objects, but I am of the opinion that this recent incident complained of will do more damage to the cause than can be overcome in many years.

Victor Hugo, in his novel "Les Miserables" justified the telling of an untruth in two instances by people who were above the approach of condoning wrong-doing where the efforts of an ex-criminal were being exercised for his reformation. The old bishop, who deliberately lied in saying he had given the candle sticks to Jean Valjean, and the mother superior, at the convent in Paris, who protected him against Jabrat—both, to my mind, did more to advance the real cause of justice than multitudes of sermons and tons of religious literature preached and written by many of the saints of both present and past times.

For myself I would, and believe from current conversation that there are others who would rather be the victim of this atrocious incident of injustice than the much-vaunted "defender" of the law who received 50 pieces of silver for sending Orr back to prison, and probably discourage all future efforts on the part of the ex-criminal for a better life, supposing that he outlives the 14 years of the remaining sentence to which he is doomed.

C. J. SCHNABEL.

ASHLANDERS TO SEE COMET

Siskiyous to Go Up Mount to Watch Aerial Body in May.

ASHLAND, Or., May 1.—(Special.)—The Ashland Siskiyou Club of mountain-climbers is making preparations for a great excursion to the summit of Mount Ashland May 18 to watch Halley's comet on the date set for the tail of the celestial visitor to brush up against the earth. A fine telescope with both terrestrial and celestial eyepieces has just been delivered to the club, and it will be taken to the summit and located there for the use of the excursionists during the observation which, while beginning on the 18th, probably will continue until the 24th. The altitude of Mount Ashland is about 8000 feet, and it is said it offers one of the best points on the coast for observations, while the trip to its summit is a most enjoyable one in the late Spring and early Summer months.

HER PHYSICIAN APPROVES

Taking Lydia E. Pinkham's Vegetable Compound

Sabattus, Maine.—"You told me to take Lydia E. Pinkham's Vegetable Compound and Liver Pills before child-birth, and we are all surprised to see how much good it did. My physician said 'Without doubt it was the Compound that helped you.' I thank you for your kindness in advising me and give you full permission to use my name in your testimonials."—Mrs. H. W. MITCHELL, Box 3, Sabattus, Me.

Another Woman Helped.

Graniteville, Vt.—"I was passing through the Change of Life and suffered from nervousness and other annoying symptoms. Lydia E. Pinkham's Vegetable Compound restored my health and strength, and proved worth mountains of gold to me. For the sake of other suffering women I am willing you should publish my letter."—Mrs. CHARLES BARCLAY, R.F.D., Graniteville, Vt.

Women who are passing through this critical period or who are suffering from any of those distressing ills peculiar to their sex should not lose sight of the fact that for thirty years Lydia E. Pinkham's Vegetable Compound, which is made from roots and herbs, has been the standard remedy for female ills. In almost every community you will find women who have been restored to health by Lydia E. Pinkham's Vegetable Compound.