

SMOKED FINNAN HADDIE ONE OF MOST SATISFACTORY FISH

Portland Housewives Usually Care Nothing for Cured Product Because They Are Unfamiliar With Methods of Cookery.



Cumberland, Md.—"My mother gave me Lydia E. Pinkham's Vegetable Compound when I was between thirteen and fourteen years old and was going to school, because I suffered with pains and could not rest. I did not have any more trouble after that until I was married, then I always was troubled in my back while carrying a child and could not do my work until I took the Vegetable Compound again. I am strong, do all my washing and ironing and work for seven children and feel fine. I always have an easy time at childbirth and what it did for me it will do for other women. I am willing to answer any woman if she wishes to write asking what it did for me."-Mrs. JOHN HEIER, 53 Dilley St., Cumberland, Md.

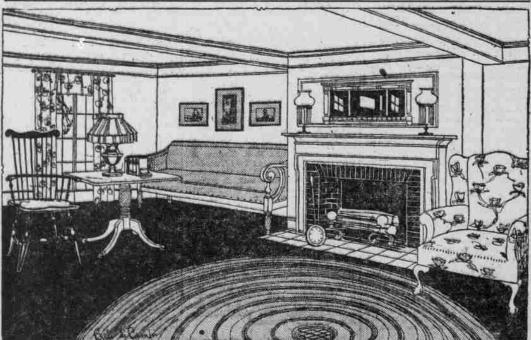
This letter is but one of a great number received every year from women, young and old, and from almost every walk of life. These letters testify to the merit of Lydia E. Pinkham's Vegetable Compound. Mrs. Heier has a large family, and works very hard for them. But any woman is willing to work hard and to work long hours if her health

is good and she is able to get the results she is working for. As she says, what the Vegetable Compound did for her it will do for other women, and every one should appreciate her offer to answer letters asking about the

The Vegetable Compound contains no narcotics or harmful drugs, and can be taken in safety by any woman. Your livelihood may depend on your health. So try

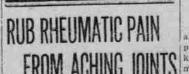






e double door. In conjunction with this

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No matter what else you give your child to relieve a bad cold, sore throat or congestion, be sure to first open the little one's bowels with "California Fig Syrup" to get rid of the poisons and waste which are chasing the cold and congestion. Ask your druggist for genutine self how thoroughly it works the constiguion poison, sour bile and waste right out. Even if you call your family physi-

