

Menstrual Period -how to avoid pain and Lydia E. Pinkham's Vegetable Compound.


## DON'T STOP WORK

for a Sprained Arm, Ankle or Back
SNAP SHOT
YOU ARE GOOD AS NEW


##  RIOGRANOE WESTERN

3 Fast Trains Daily Between Ogden and Denver 3

To Cure a Cold in One Day





|  | ata | d |
| :---: | :---: | :---: |
| wiom | 2mem | Dyes ${ }^{\text {d }}$ |
|  | \% |  |
| marmeo nites |  |  |


ly $a p$
deter
oerentin
or.
R.


