For light, wholesome cakes, biscuits and pastry, use

K C BAKING POWDER

Always safe and reliable. If it isn't all we claim your grocer will refund your money.

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In the Famous Columbia River Basin and Okanogan Valley. Fruit, Dairy, Farm and Timber Land Map showing Roads, Lakes, Rivers, Creeks, Mountains, Indian Allotments and Mineral Land. Book of Description, shows How to Locate any Homestead of 160 Acres on the Reservation WITHOUT THE EXPENSE OF A LOCATOR.

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Clean Up Means Paint Up

See Your Dealer. Do it NOW!

AGENT WANTED

Business necessity — every Merchant buys on sight. Big profits. Exclusive territory. Free samples. Sells from $5 to $100. Write quick for territory. Sayers, 637 Railway Exchange, Portland, Ore.

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BONNER & SON

Specialty Machine Works

Gear Cutting, Welding, Machine Shop Work. Gas Engine Experts, Magnetos Repaired. Parts of all Kinds Made for Automobiles. Your Patronage Solicited.

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HAWTHORNE AUTO SCHOOL

The only Automobile School on the Pacific Coast maintaining a Gas Tractor Dept. Using Holt Caterpillar, C. L. Best Tracklayer and Wheel Tractors, both in the school and operating field.

635 Hawthorne Ave., Portland, Ore.

Cash for Butterfat

Ship us your Cream, Eggs, Poultry, Dressed Meats and Hides.

PROMPT RETURNS

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The home of the satisfied shipper. The better the Cream, the better the Price.

Double Tread, Puncture Proof Tires

Made from your old ones. Last long as Brand New Tires. WE ALSO BUY OLD TIRES. We pay as high as 10c per lb. for such as we can use in Double Tread work, and the highest market for junk. Ship your Tires at once or write us.

OREGON VULCANIZING CO., 550 Washington St., Portland, Ore.

HIDES, PELTS, CASCARA BARK

We want all you have. Write for prices and shipping tags. THE H. F. NORTON CO. 53 North Front St., Portland, Ore.

Books Free Treatment and Prevention of Contagious Abortion. Treatment and Prevention of Calf Scours. Hog Sanitation. Poultry Diseases. Clip this ad and mark an X in front of books wanted.

TREDA BROS., Dekum Bldg., Portland, Oregon.

Moderate.

"Is your husband a heavy smoker?"

"Dear me, no! You've no idea how long it takes me to save up enough coupons from his cigars to buy a cut glass pickle dish."—Detroit Free Press.

And Enough For a Square Meal.

Butcher—Will you have the round steak, ma'am?

Mrs. Youngbride—I don't care what shape it is, so it's tender.—Boston Transcript.

Metal Grain Bins

RAT PROOF RAIN PROOF RUST PROOF

WRITE FOR PRICES

Agents Wanted

Coast Culvert & Flume Co.

PORTLAND, [Kenton] OREGON

C. Gee Wo

Successful Home Remedies

His successful herbal remedies cure all kinds of ailments of men and women without operation, used from the wonderful Chinese herbs, roots, buds and vegetables, which are unknown to the medical science of this country. Write for blank and circulars. Send stamp. CONSULTATION FREE. Address

The C. Gee Wo Chinese Medicine Co.

[illegible] First St., Portland, Ore. Mention Paper.

WHEN writing to advertisers, please mention this paper.

Everyone Should Drink Hot Water in the Morning

Wash away all the stomach, liver, and bowel poisons before breakfast.

To feel your best day in and day out, to feel clean inside; no sour bile to coat your tongue and sicken your breath or dull your head; no constipation, bilious attacks, sick headache, colds, rheumatism or gassy, acid stomach, you must bathe on the inside like you bathe outside. This is vastly more important, because the skin pores do not absorb impurities into the blood, while the bowel pores do, says a well-known physician.

To keep these poisons and toxins well flushed from the stomach, liver, kidneys and bowels, drink before breakfast each day, a glass of hot water with a teaspoonful of limestone phosphate in it. This will cleanse, purify and freshen the entire alimentary tract, before putting more food into the stomach.

Get a quarter pound of limestone phosphate from your pharmacist. It is inexpensive and almost tasteless, except a sourish twinge which is not unpleasant. Drink phosphated hot water every morning to rid your system of these vile poisons and toxins; also to prevent their formation.

To feel like young folks feel; like you felt before your blood, nerves and muscles became saturated with an accumulation of body poisons, begin this treatment and above all, keep it up! As soap and hot water act on the skin, cleansing, sweetening and purifying, so limestone phosphate and hot water before breakfast, act on the stomach, liver, kidneys and bowels.

Didn't Take A Chance.

"How is the cooking in that restaurant?"

Gentleman with toothpick—"Fine."

"And what did you have, may I ask?"

Gentleman with toothpick—"A dozen raw oysters, some ice cream and a glass of milk."

A Hint.

He—I see where the government wants women to save their rags.

She—Well, if the government only takes a look at the clothes I have to wear, it can see one woman's doing it.—Baltimore American.

Cherchez L'Homme.

"Why don't she marry you? Is there another man in the case?"

"I'm afraid so."

"Do you know who it is?"

"Yes, her father."—Boston Transcript.

Time to Beware.

"A man dat shows off too much smartness," said Uncle Eben, "gets so he enjoys about as much confidence as a sleight o' hand man in a poker game."—Washington Star.

Spring Colds Are the Worst

They lead to catarrh and pneumonia. They weaken the entire system and leave it unable to resist the sudden changes. They interfere with your digestion and lessen your activity. Neglected they soon become that dread disease known as systemic catarrh. Don't neglect them. It's costly as well as dangerous.

PERUNA Will Safeguard You

Have a box of Peruna Tablets with you for the sudden cold or exposure. Tone your system up with a regular course of the liquid Peruna, fortify it against colds, get your digestion up to normal, take care of yourself, and avoid danger. If you are suffering now begin the treatment at once. Give Nature the help she needs to throw off the catarrhal inflammation, and again become well.

Peruna has been helping people for 44 years. Thousands of homes rely on it for coughs, colds and indigestion. It's a good tonic for the weak, as well.

The Peruna Company, Columbus, Ohio

Hot Lunches In Country Schools.

University of Oregon, Eugene.—Hot lunches at noon in remote country schools is an educational innovation that has been introduced into western Lane county. In western Lane much of the school year is rainy, and youngsters, traveling long distances in all sorts of weather, often wear wet clothes a large part of the day.

School boards were accordingly asked to provide cooking utensils, which in many cases consist of only a large kettle, a big spoon, a knife and a few other bare necessities. The children bring the articles to be cooked. Some bring potatoes, some bring vegetables, some bring meat, milk and other articles at different times. Each child has his own bowl and the lunch consists usually of hot soup.

Each day two pupils are appointed hosts for the following day. After school at a meeting the kind of soup desired for the following day is determined, and on the following day the two hosts are allowed time from their school work to prepare and cook the soup on the big stove in the corner of the school room.

Formerly the children consumed their cold lunch in perhaps ten minutes; now lunch occupies about a half hour and each pupil eats at his own desk. Miss Jennie Bossen is school supervisor in the district in which this innovation has been made.

Best Proof That Resinol Heals Eczema

In our file of reports, covering a period of twenty years, literally thousands of physicians tell how successful the Resinol treatment is for eczema and similar skin troubles. The first use of Resinol Ointment and Resinol Soap usually stops the itching and burning, and they soon clear away all trace of the eruption. No other treatment for the skin now before the public can show such a record of professional approval.

Resinol Ointment and Resinol Soap work so gently, and are so absolutely free from anything that could injure even the tenderest skin, that they are ideal for healing the skin troubles of infants and children. Sold by all druggists. (Advt.)

The Truth.

"You told me when I bought this lot that the town couldn't possibly grow in any direction but this."

"Well, it hasn't has it? As a matter of fact, the population has decreased 50 per cent since that time."

Trying To Be Complimentary.

"What did your children say when you played Santa Claus last year?"

"Nothing," replied Mr. Growcher, "except they believed the make-up was an improvement on my regular face."—Washington Star.

Speeding.

"Now we must speed the parting guest."

"Leave her to me. If I ever get her and her traps into the car, I'll hit it up to 60 miles an hour."—Louisville Courier-Journal.

Heard On the Elevated.

First Young Thing—I started reading "Les Miserables" last night. It is very interesting.

Second Young Thing—Isn't it! I think it is Victor Herbert's masterpiece.—Boston Transcript.

No Chance.

"Yes, sir, one hour's uninterrupted reading each evening would make you—"

"Uninterrupted! Where do you think my wife spends her evenings?"—London Opinion.

For Every Kind of Lameness

Rub It on and Rub It in, Thoroughly

HANFORD'S Balsam of Myrrh A LINIMENT

For Cuts, Burns, Bruises, Sprains, Strains, Stiff Neck, Chilblains, Lame Back, Old Sores, Open Wounds, and all External Injuries.

Made Since 1846. Ask Anybody About It

Price 25c, 50c and $1.00

All Dealers OR WRITE G. C. Hanford Mfg. Co. SYRACUSE, N. Y.

A Flat Dweller's Strategem.

Mrs. X—Bothered with time-wasting callers, are you? Why don't you try my plan?

Mrs. Y—What is your plan?

Mrs. X—Why, when the bell rings I put on my hat and gloves before I press the button. If it proves to be someone I don't want to see, I simply say: "So sorry, but I'm just going out."

Mrs. Y—But suppose it's someone you do want to see?

Mrs. X—Oh, then I say: "So fortunate I've just come in."—Boston Transcript.

Health Has Its Own Reward

THEREFORE—

Strive for and maintain the highest possible standard at all times; when you need help

REMEMBER—

HOSTETTER'S Stomach Bitters

Is a remedy you can always rely on for Stomach and Bowel disorders. Get the genuine

NORTHWEST MARKET REPORTS; GENERAL CROP CONDITIONS

Portland—Wheat—Bluestem, $1.04½ per bushel; fortyfold, 92c; club, 91c; red Fife, 91c; red Russian, 90.

Millfeed — Spot prices: Bran, $22 per ton; shorts, $25.50; rolled barley, $31.50@32.50.

Corn—Whole, $36 per ton; cracked, $37.

Vegetables—Artichokes, 65@80c per dozen; tomatoes, $3.50 @ 3.75 per crate; cabbage, $1.50@1.85 per hundred; garlic, 10c per pound; peppers, 17½@20c; eggplant, 23½c; horseradish, 8½c; cauliflower, 75c@$1.25; lettuce, $2.25 @ 2.35 per crate; cucumbers, $1.25@1.50; spinach, 90c@$1 box; asparagus, 7½@10c per pound; rhubarb, Oregon, $2.50 per box; peas, 7½@9c per pound.

Potatoes—Jobbing prices: Oregon, $1.50@1.75 per sack; Yakimas, $1.70 @1.80; new California, 6 @ 7c per pound.

Onions — Oregon, $1.75 per sack; Texas, Bermudas, yellow, $2.25 per crate; white, $2.50.

Green Fruit — Strawberries, $3.50 per crate; apples, $1@1.60 per box; cranberries, $11 per barrel.

Eggs—Jobbing price: Oregon ranch, candled, 20½c per dozen; uncandled, 19½@20c.

Poultry—Hens, 17@17½c per pound; stags, 13c; broilers, 25@30c; turkeys, live, 18@20c; turkeys, dressed, choice, 24@25c; ducks, 15c; geese, 10c.

Butter — Prices from wholesaler to retailer: Portland city creamery prints, 60-pound case lots, standard grades, 34c; lower grades, 31c; Oregon country creamery prints, 60-pound case lots, standard makes, 31@33c; lower grades, 30 @ 30½c; packed in cubes, 2c less. Prices paid by jobbers to producers: Cubes, extras, 30@31c; firsts, 27@27½c; dairy butter, 14 @ 18½c; butterfat, No. 1, 33c; No. 2, 30c.

Veal—Fancy, 11½@12c per pound.

Pork—Fancy, 11@11½c per pound.

Hops—1915 crop, 11@12c; 1916 contracts, nominal.

Wool—Eastern Oregon, 21@27c per pound; valley, 30c; mohair, new clip, 35c.

Cascara bark — Old and new, 4c per pound.

Cattle — Steers, choice grain and pulp, $8.50@9; choice hay, $8.15 @ 8.50; good, $7.75 @ 8.15; medium, $7.50@7.75; cows, choice, $6.70@7.80; good, $6.50@6.75; medium, $6.25 @ 6.50; heifers, $5@8.35; bulls, $2.75@ 6; stags, $3@5.25.

Hogs—Prime light, $8.90@9; good to prime, $8.25@8.50; rough heavy, $8@8.25; pigs and skips, $8@8.25.

Sheep—Yearlings, $8@10; wethers, $7.25@9.25; ewes, $6.25@8.25; lambs, $9.50@10.50.

Banker Expects Better Business in Northwest

Spokane — "Business generally in Spokane and throughout the Inland Empire and the Pacific Northwest should show big improvement from now on, and more especially during the summer and next fall," said Aaron Kuhn, a director of the Spokane & Eastern Trust company, Wednesday, on returning from a business and pleasure trip to Eastern and Middle Western cities.

"It is reported in New York that Germany has ample resources for fully 24 months," Mr. Kuhn said, "and it seems to be known that the allied countries are in a position to continue for at least a similar period."

Mr. Kuhn said that while factories are busy throughout the big manufacturing centers in the East, there seems to be a cautious feeling, with the result there is little so-called plunging.

"Another thing is that this is the presidential election year," he added, "and capital is somewhat timid along certain lines. There are some who believe that a sudden cessation of hostilities in Europe will result in flooding this country and others with cheaply-made goods.

"One thing is certain: Our tariff question will have to be dealt with by the best business brains of the country."

Farmers To Build Elevator.

Kendrick, Idaho — The Kendrick Rochdale company met recently and arranged to build an elevator. One hundred and ten farmers subscribed $100 each and committees were appointed to visit elevators now built and decide on the plan of elevator to build. The next meeting was set for June 1, after which they expect to begin building and have it ready for this year's crop. John F. Brown has resigned as mayor in order to accept his appointment as postmaster. Wm. Freytag was appointed to fill the vacancy.

Walla Walla Has Fine Cows.

Walla Walla, Wash.—High butterfat records of Walla Walla cows continue, according to the March test of the Walla Walla Valley Cow Testing association, just completed by Lee C. Lewis. Highland Dora Veeman, a registered Holstein, property of Walla Walla college, gave 87.8 pounds butterfat, which was nine-tenths of a pound under the record set by the state penitentiary cow last month. Both these records are several pounds higher than any record reported by any association in the United States, so far as learned.

Hen and Pigeon Affinities.

Walla Walla—A bantam hen and a male pigeon, property of Mrs. W. E. Stapleton, 933 East Alder street, have discovered they are affinities, and are building a nest in the barn on the premises and refuse to associate with others of their kinds. Two weeks ago the hen "turned down" her mate and the pigeon gave up his. The owner put the pigeon in a coop with a female pigeon and the latter was severely punished.

Navy's Gain in Men Is Big.

Washington, D. C.—More enlisted men are in active service in the navy now than ever before in the country's history. Secretary Daniels announced Wednesday that the personnel for the first time had reached the 54,000 mark. "There are now 54,011 men in the enlisted personnel," said the secretary, "showing a net gain of 6664 since March 4, 1913."

HAVE DARK HAIR AND LOOK YOUNG

Nobody can Tell when you Darken Gray, Faded Hair with Sage Tea.

Grandmother kept her hair beautifully darkened, glossy and attractive with a brew of Sage Tea and Sulphur. Whenever her hair took on that dull, faded or streaked appearance, this simple mixture was applied with wonderful effect. By asking at any drug store for "Wyeth's Sage and Sulphur Compound," you will get a large bottle of this old-time recipe, improved by the addition of other ingredients, all ready to use, for about 50 cents. This simple mixture can be depended upon to restore natural color and beauty to the hair.

A well-known downtown druggist says everybody uses Wyeth's Sage and Sulphur Compound now because it darkens so naturally and evenly that nobody can tell it has been applied—it's so easy to use, too. You simply dampen a comb or soft brush and draw it through your hair, taking one strand at a time. By morning the gray hair disappears; after another application or two, it is restored to its natural color and looks glossy, soft and beautiful. This preparation is a delightful toilet requisite. It is not intended for the cure, mitigation or prevention of disease.

A Joke With An Afterthought.

A newspaper humorist quotes this from a letter received by one of the Georgia congressmen:

"My youngest son has run away and enlisted in the regular army. I can't get him out. Won't you help me? He is a good boy and I was raising him for my own use."

In one sense this is a joke—a joke upon the father, who was bringing up the boy to get as much work out of him as possible—and the young soldier probably has chuckled over it more than anybody else. But the story is more serious than humorous. This boy ran away to escape three or four years of hard labor for his father's profit. Unfortunately a good many children cannot escape from their slavery to parents and cotton-mill owners. Georgia has 2,819 child laborers under thirteen years of age, North Carolina 6,359, and South Carolina 4,154, and it is up to the State or Federal legislature to give them their heritage of sunshine, play, and schooling.—Collier's.

Affected By Business.

"The girl in the phonograph place we patronize is just full of affectation."

"But you must consider that it is her business to put on airs."—Washington Star.

Always Thus.

"I understand they want to turn distilleries into munition factories."

"It might help, if they do. But its the old story of the ultimate consumer getting the worst of it."—Washington Star.

Have Healthy, Strong, Beautiful Eyes

Oculists and Physicians used Murine Eye Remedy many years before it was offered as a Domestic Eye Medicine. Murine is Still Compounded by Our Physicians and guaranteed by them as a Reliable Relief for Eyes that Need Care. Try it in your Eyes and in Baby's Eyes—No Smarting—Just Eye Comfort. Buy Murine of your Druggist—Accept no Substitute, and if interested write for Book of the Eye Free. MURINE EYE REMEDY CO., CHICAGO

Two Deluded Souls.

Bix—I wonder if Dr. Cook really thought he discovered the north pole?

Dix—Possibly! We all make mistakes. Why, when I married my wife I thought I had discovered Paradise.—Boston Transcript.

Loans Seem to Weaken It.

A (to man he has touched)—Thanks, old chap. But what is this little pamphlet you handed me?

B—Oh, I always hand one of those out with a loan. It tells how to strengthen the memory. — Boston Transcript.

You Can Get Allen's Foot-Ease FREE.

Write Allen S. Olmsted, Le Roy, N. Y., for a free sample of Allen's Foot-Ease. It cures sweating, hot swollen, aching feet. It makes new or tight shoes easy. A certain cure for corns, ingrowing nails and bunions. All druggists sell it, 25c. Don't accept any substitute.

Sense of Responsibility.

"Is Bliggins patriotic?"

"Thoroughly."

"Would he fight for his country?"

"I don't know about that. But he hasn't the slightest doubt that in an emergency somebody ought to."—Washington Star.

Times Change.

"What? You need new clothes again? When I was a boy I wasn't ashamed to wear garments that were patched."

"Yes, dad, but you know you didn't associate with such refined people as I do."

SALTS FINE FOR ACHING KIDNEYS

We eat too much meat which Clogs Kidneys, then the Back hurts.

Most folks forget that the kidneys, like the bowels, get sluggish and clogged and need a flushing occasionally, else we have backache and dull misery in the kidney region, severe headaches, rheumatic twinges, torpid liver, acid stomach, sleeplessness and all sorts of bladder disorders.

You simply must keep your kidneys active and clean, and the moment you feel an ache or pain in the kidney region, get about four ounces of Jad Salts from any good drug store here, take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and is harmless to flush clogged kidneys and stimulate them to normal activity. It also neutralizes the acids in the urine so it no longer irritates, thus ending bladder disorders.

Jad Salts is harmless; inexpensive; makes a delightful effervescent lithia-water drink which everybody should take now and then to keep their kidneys clean, thus avoiding serious complications.

A well-known local druggist says he sells lots of Jad Salts to folks who believe in overcoming kidney trouble while it is only trouble.

—Six feet through at base, 4 feet 6 inches through at top, five feet above ground. Giant Stumping Powder did a clean job, taking out roots and all without tearing a big hole in the ground. Farmers who have used them know that

GIANT FARM POWDERS STUMPING — AGRICULTURAL

always save them money, time and work. They save money because they lift and heave as well as shatter, and go further than high explosives that merely split the stumps. They save time and work because they get out the stumps—big or little, green or dead—in a condition easy to handle. "I get better results from Giant Powders than from any other powder I have used," says A. E. Adkins, Woodburn, Ore.

There are two Giant Farm Powders, both made especially for Pacific Coast farmers. Eureka Stumping Powder is most economical for dry work and Giant Stumping Powder saves money in stump blasting in wet soil. Try these two. Compare them with the powder you have been using, and you will always use Giant in future. Write us and we will have our nearest distributor supply a trial case at the lowest market price.

Five Blasting Books FREE

Better ways of removing stumps and boulders, making ditches, planting trees, and breaking up the subsoil are described in our five illustrated books. They were written for western farmers, to meet the conditions that you have. Write us for the book on the subject you are interested in.

THE GIANT POWDER CO., Con., HOME OFFICE San Francisco

"Everything for Blasting"

Branch Offices: Seattle, Spokane, Portland, Salt Lake City, Denver

BLACK LEG LOSSES SURELY PREVENTED by Cutter's Blackleg Pills. Low-priced, fresh, reliable; preferred by Western stockmen because they protect where other vaccines fail. Write for booklet and testimonials. 10-dose pkge. Blackleg Pills $1.00 25-dose pkge. Blackleg Pills 4.00 50-dose pkge. Blackleg Pills 7.50 Use any injector, but Cutter's best. The superiority of Cutter products is due to over 25 years of specializing in vaccines and serums only. Insist on Cutter's. If unobtainable, order direct. THE CUTTER LABORATORY, Berkeley, California.

WEEKS' BREAK-UP-A-COLD TABLETS

A guaranteed remedy for Colds and La Grippe. Price 25c of your druggist. It's good. Take nothing else.—Adv.

Novelty Needed.

"You don't say 'Down with the trusts!' in your speeches any more."

"No," replied Senator Sorghum; "mine are like other audiences. You've got to give them something new."—Washington Star.

Another Good One.

"I see the Campfire Girls have an honor entitled the 'firemaker degree.'"

"That ought to qualify them as good wives for lucky men. Have they a dish-washer degree?"—Louisville Courier-Journal.

Guessed.

Mame—Honest, Maude, didn't you accept Jack's proposal last night?

Maude—Y-Y-Yes. But how did you guess?

Mame—Oh, the poor dear looked so worried this morning.—Penn State Froth.

KOVERALLS Reg. U.S. Pat. Off.

Keep Kids Kleen

The most practical, healthful, sanitary garments ever invented for children 1 to 8 years of age. Made in one piece with deep back. Easily slipped on or off. Easily washed. No tight elastic bands to stop circulation. Made in blue denim, and blue and white hickory stripes for all the year round. Also lighter weight, fast-color material in dark blue, radet blue, tan or dark red for summer wear, all appropriately trimmed with fast-color galaxie. Made in Dutch neck with elbow sleeves and high neck and long sleeves.

75c the suit

If your dealer cannot supply you, we will send them, charges prepaid, on receipt of price, 75c each.

A New Suit FREE If They Do Not Wear Dewees of Imitations. Look for the Two Horses on the Label.

Made by Levi Strauss & Co., San Francisco

Awarded GRAND PRIZE at the P.P.I.E.

Calling Uncle Down.

"When I was a youngster," remarked Uncle Braggles, "I was about the best baseball player in this county."

"What did you play?"

"Pitcher, catcher, shortstop an' all the rest of 'em."

"Yes, uncle," spoke up little Willie, the champion bright child. "But we're talking about baseball, not amateur theatricals."—Washington Star.

How to avoid Operations

These Three Women Tell How They Escaped the Dreadful Ordeal of Surgical Operations.

Hospitals are great and necessary institutions, but they should be the last resort for women who suffer with ills peculiar to their sex. Many letters on file in the Pinkham Laboratory at Lynn, Mass., prove that a great number of women after they have been recommended to submit to an operation have been made well by Lydia E. Pinkham's Vegetable Compound. Here are three such letters. All sick women should read them.

Marinette, Wis.—"I went to the doctor and he told me I must have an operation for a female trouble, and I hated to have it done as I had been married only a short time. I would have terrible pains and my hands and feet were cold all the time. I took Lydia E. Pinkham's Vegetable Compound and was cured, and I feel better in every way. I give you permission to publish my name because I am so thankful that I feel well again."—Mrs. Fred Benner, Marinette, Wis.

Detroit, Mich.—"When I first took Lydia E. Pinkham's Vegetable Compound I was so run down with female troubles that I could not do anything, and our doctor said I would have to undergo an operation. I could hardly walk without help so when I read about the Vegetable Compound and what it had done for others I thought I would try it. I got a bottle of Lydia E. Pinkham's Vegetable Compound and a package of Lydia E. Pinkham's Sanative Wash and used them according to directions. They helped me and today I am able to do all my work and I am well."—Mrs. Thos. Dwyer, 989 Milwaukee Ave., East, Detroit, Mich.

Bellevue, Pa.—"I suffered more than tongue can tell with terrible bearing down pains and inflammation. I tried several doctors and they all told me the same story, that I never could get well without an operation and I just dreaded the thought of that. I also tried a good many other medicines that were recommended to me and none of them helped me until a friend advised me to give Lydia E. Pinkham's Vegetable Compound a trial. The first bottle helped, I kept taking it and now I don't know what it is to be sick any more and I am picking up in weight. I am 20 years old and weigh 145 pounds. It will be the greatest pleasure to me if I can have the opportunity to recommend it to any other suffering woman."—Miss Irene Froelicher, 1923 Manhattan St., North Side, Bellevue, Pa.

If you would like special advice write to Lydia E. Pinkham Med. Co. (confidential), Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.