

PAINFUL PERIODS

Suggestions How to Find Relief from Such Suffering.



While no woman is entirely free from periodical suffering, it does not seem to be the plan of nature that women should suffer so severely. Menstruation is a severe strain on a woman's vitality. If it is painful or irregular something is wrong which should be set right or it will lead to a serious derangement of the whole female organism.

More than fifty thousand women have testified in grateful letters to Mrs. Pinkham that Lydia E. Pinkham's Vegetable Compound overcomes painful and irregular menstruation.

It provides a safe and sure way of escape from distressing and dangerous weaknesses and diseases.

The two following letters tell so convincingly what Lydia E. Pinkham's Vegetable Compound will do for women, they cannot fail to bring hope to thousands of sufferers.

Miss Matilda Richardson of 177 Wellington Street, Kingston, Ont., writes: Dear Mrs. Pinkham—

"Some four years ago my usually good health began to fail. I had severe pains in my back, my head ached, I would have dizzy spells, and during my monthly periods I would suffer intense pain. I was advised to try Lydia E. Pinkham's Vegetable Compound, and I am so glad that I did, for it brought new life and health to me. My monthly periods were natural and painless, and my general health improved. I have not had an ache or a pain since, and I feel it a duty as well as a pleasure to tell you what your medicine has done for me."

Mme. Louise McKenzie of Mount Carmel, Montreal, Canada, writes:

Dear Mrs. Pinkham—

"I had heard so much good about Lydia E. Pinkham's Vegetable Compound before. Ask Mrs. Pinkham's Advice—A Woman Best Understands a Woman's Ills."

I started to take it for painful menstruation so that when it came I was not surprised. I had suffered with bleeding headaches and pain until it seemed that I must scream. These pains lasted from five to ten days every month, and you can understand how glad I was to get relief. I am in the best of health, and am pleased to give you this testimonial for what your medicine has done for me."

Such testimony should be accepted by all women as convincing evidence that Lydia E. Pinkham's Vegetable Compound stands without a peer as a remedy for all the distressing ills of women.

The success of Lydia E. Pinkham's Vegetable Compound rests upon the well-earned gratitude of Canadian women.

When women are troubled with irregular, suppressed or painful menstruation, leucorrhoea, displacement or ulceration of the womb, that bearing-down feeling, inflammation of the ovaries, backache, bloating, (or flatulency), general debility, indigestion and nervous prostration, or are beset with such symptoms as dizziness, faintness, lassitude, excitability, irritability, nervousness, sleeplessness, melancholy, they should remember there is one tried and true remedy. Lydia E. Pinkham's Vegetable Compound at once removes such troubles. Refuse to buy any other medicine, for you need the best.

Don't hesitate to write to Mrs. Pinkham if there is anything about your sickness you do not understand. She will treat you with kindness and her advice is free. No woman ever regretted writing her and she has helped thousands. Address Lynn, Mass.

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Safe and Reliable.

Cures All Headaches Promptly.

In Powder and Wafer Form, 10 and 25 Cents.

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General News Items.

The practice of taking snuff is rapidly dying out in France.

Minard's Liniment Cures Diphtheria.

The Chinese labourers working in the Rand mines are now 34,855 in number.

For mats, rugs, squares, oil cloths, linoleums, carpets (all wool, tapestry, etc.), go to Carr's, Hartland.

France is going to fall into line with other nations, and inaugurate a penny post.

A Cough that Hangs-On

Is one to be afraid of—there is danger in it. You can cure it quickly with Shiloh's Consumption Cure, the Lung Tonic. Your money back if it doesn't cure you.

25 cts., 50 cts., and \$1.00

New things in Clothing. All things in Clothing. A Mammoth Stock of New Clothing at C. M. Sherwood's, Centreville.

Denmark's army is the cheapest in Europe. It cost only £24 a head, against £113 spent by Britain.

Minard's Liniment Cures Distemper.

An inquiry is to be made into police corruptions in Russia, and another into the moral and material conditions of the soldiers.

Reasons Why You Should Carry A Sickness and Accident Policy.

1. Because you cannot count on your health, you may be stricken down to-morrow.
2. Because it protects you against all kinds of accidents as well as sickness.
3. Because you get honest treatment. This Company has no unpaid claims.
4. Because the Ry. Passengers Assurance Co. of London, Eng., is the oldest and strongest accident Company in the world.
5. Because the Company pays you from the very moment you are laid up and the claim is settled immediately on recovery.
6. Because it gives more for less money than any other Company doing business.

J. W. Astle, Agent, Queen Street, Woodstock, N. B.

The two most urgent reforms in India are to liberate the cultivators from the moneylenders and to develop irrigation to the utmost.

Minard's Liniment Cures Garget in Cows.

All arrangements have been completed for the visit which the Prince and Princess of Wales are to pay to India next winter. They will have a remarkable and extensive progress. Landing in Bombay, they will, after due celebrations, proceed to Delhi.

Borden Says Oliver is O. K.

It suits some of the conservative papers to state that Hon. Frank Oliver the new minister of the Interior is a mere weakling, utterly unable to fill the position. Such an able and avowedly independent sheet as the *Toronto News* is so far warped with political incendiarism at the present juncture as to join in the chorus along with the plaster cast straight back Tory journals. It seems too bad that these able critics did not have sufficient foresight to enable them to take into consideration the possibility of Mr. Oliver's elevation to the cabinet. Then they might not be compelled to swallow the conservative leader's lies. In the month of March—"I imagine that the honorable gentleman (Frank Oliver), would make a very good minister of the interior, and I am inclined to press his claims. He is a very good friend of mine, personally though we differ somewhat politically; and I stand here to urge the claims of my honorable friend from Edmonton to this position. He is a gentleman of ripe experience and great ability, as we all know, a gentleman of absolute and perfect independence on all questions."

That is a high compliment from an opponent.

Leading Conservatives Support the Bill.

Messrs. Monk, Bergeron, and Ames, three of the brightest men in the conservative ranks at Ottawa, are opposed to Borden's amendment and will vote for the Autonomy bill.

To these must be added Geo. H. Parley, the wealthy M. P. for Argenteuil, Col. Worthington the brilliant and scholarly member for Sherbrooke, and other leading conservatives. Any future Conservative cabinet could scarcely be constructed without containing two at least of these gentlemen. In the case of Monk and Bergeron the zeal of Press may tempt them with placing church before party, which they strenuously deny, but what can be

said of Alderman Herbert B. Ames? Is he too "toadying to Rome" as the bigots would say? Never a bit. He and the others are able to take a broad and generous view of the case.

THE ILLS OF THE AGED.
Mrs. Stacy, of Hamilton, tells how they may be lessened.

Miss Elizabeth Stacy, of 172 Hunter Street West, Hamilton, says: "I was very much troubled with Headache, Dizziness and Constipation. I am in my eighty-first year, and I grew worse and worse till I was so weak and faint that I could hardly keep from falling."

"Since using Dr. Leonard's Anti-Pill I am very much better; in fact, I may say I am very well compared to what I was before using Anti-Pill."

"I am so thankful for the improvement at my advanced age that I think I should write and tell you about it. I will always recommend Dr. Leonard's Anti-Pill to any one suffering as I was."

Anti-Pill is positively the best medicine for aged men and women.

All druggists sell Anti-Pill. 50c for a month's treatment.

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