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 Behnke, 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.

A WARNING

A TRUE STORY.

A young girl sat reading one night
By the lamp with rays shining bright:
A story book of modern thought
Ah! little good that fiction taught,

But fired imagination,
Filled the mind with deep sensation,
And exhausted her nervous force;
Leaving her poor brain weak of course.

She read until her tired mind
No peace, rest, or quiet could find,
And then knelt down, this wretched girl.
To pray with her head in a whirl.

But alas! her poor tortured brain
Was in agony from this strain.
I'm going mad! she wildly said,
And called her father from his bed.

A man so true, devout was he
And full of faith as he could be.
He prayed for her, and peace returned.
A sad lesson his daughter learned.

Now the dear youth who read this rhyme
Of great peril are warned in time.
Shun literature that's not true
And stories that will injure you.

M. J.

Some Important Legislation

Among the many measures which will demand the time of the legislators are the following:

Statewide vote on the question of continued sale or no sale of liquor.

Annexation of the contiguous suburbs of Baltimore.

The Sheppard oyster planting law under which the state faces the prospect of about $500,000 for oyster grounds leased by the state, condemned under the law and thrown open to the public.

Amending the primary elections laws by which expenses of candidates will be reduced and the envelope system in the counties abolished.

Hunt for new sources of public revenue with which to meet the constantly growing expenses of the state.

Creation of a conservation commission in which will be combined the Shellfish Commission, Fish Commission and oyster navy, several bureaus and subdepartments.

Creation of a State Board of Agriculture.

Reform of public school system along lines laid down by the forthcoming survey conducted by the General Eductional Board.

Additional provision for care of dependent insane, including new buildings and equipment.

Purchase of a farm for inebriates.

Creation of a budget, by system which it is proposed to lodge in the governor the power to frame all general bills carrying appropriations which cannot be increased by the legislature except in cases of dire emergencies. By this innovation the powers of the governor will be greatly enlarged.

Reduction in legislative and governmental expenses and introduction of economies all along the line.

Creation of a loan of about $2,000,000 with which to meet the deficit in the state treasury.

Creation of an additional loan of probably $1,000,000 with which to complete the system of improved highways as projected and to build necessary bridges.

Better system in making appropriations for institutions supported wholly or in part by the state, including colleges, academies and other schools, reformatories, hospitals, dependent insane.

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More Milk and Beef

THE indoor life of housed-up dairy cows and cattle put up to fatten on full rations, always causes poor digestion and sluggish bowels, which naturally lessens the flow of milk and keeps them from taking on flesh. This unthrifty and depreciating condition should be corrected and warded off with a few tablespoonfuls of

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APERIENT (COW POWDER)

given on the food several times a week. It is a medicinal restorative powder that puts and keeps the digestive organs in energetic working order. It loosens and carries off stagnant, clogged waste matter from the bowels, and regulates nutrition so that the food consumed is digested and converted into body-building and milk-producing elements which mean More Milk, Meat and Money. Just try it. 2 lb. Cans, 50c; 12 lb. pails, $2.00.

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For Chapped Teats, use Glycoline, 25c & 50c.
There are 18 CAL-SINO REMEDIES for Horses, Cattle, Swine and Poultry.

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THE CHESTERTOWN LIBRARY

The following is the report of the Field Secretary of the Md. Public Library Commission.

Chestertown. Chestertown Public Library was made June 1, 1915, and a Librarian engaged with salary. The town and county were canvassed and $2000 was raised. The library now numbers 1,631 volumes, with 307 borrowers. Last year books were circulated 2,570 times. The Library's income is about $250, received from gifts and fines The Librarian's salary is $69. The Library is open Tuesday and Saturday afternoons from 2 to 5 and Saturday evenings from 6 30 to 8 Miss Josephine Wheatley is Librarian.

A MESSAGE TO YOUNG MEN

Governor Atgeld, of Illinois, is better understood by most of us today than he was in his lifetime—though some of us were keen enough to appreciate his qualities then—Minister to Belgium Brand Whitlock for one. This year Secretary of State Woods, of Illinois, places in his "Blue Book" Governor Altgeld's message to young men—a ringing invitation to service and to ideal:

"Young men, life is before you. Two voices are calling—one calling from the swamps of selfishness and force, where success means death, and the other from the hilltops of justice and progress, where even failure brings glory. Two lights are seen in your horizon—one the fast fading march light of power, and the other the slowly rising sun of human brotherhood. Two ways lie open before you—one leading to an ever lower and lower plain, where are heard the cries of depair and the curses of the poor, where manhood shrivels and possessions rots down the possessor; and the other leading off to the highlands of the morning, where are heard the glad shouts of humanity and where honest effort is rewarded with immortality.

PREPAREDNESS

Though Mr. Ford may have shifted his views as to who is responsible for war, he is still opposed to preparedness. "I am against preparedness as preparedness means war," so he is quoted. "No man will arm himself unless he means to attack. Even when he takes a fork in his hand he is preparing to attack an oyster or a beefsteak."

And very fit objects for attack, it may be said in passing. But Mr. Ford might have extended his examples. When a man puts on a heavy overcoat he is preparing to attack the cold, or, what in the present discussion is more to the point, to withstand an attack from it. When a lady arrays herself in an especially fine sample of modiste's art she is preparing to attack (and capture) the eyes of beholders. When the thrifty open a savings account they are preparing to attack and drive away a possible wolf from the door. Theological students are preparing to attack the devil, medical ditto, to attack diseases in all its Protean forms; laborers, with pick and shovels are preparing to attack the earth. Everybody is preparing orer ppared to attack so mething.

As life is just one form of preparedness after another, why make "preparedness" an exception?—Baltimore News.

How to Cure Coughs and Colds.

Keep out of Drafts. Avoid Exposure. Eat and Live Right and Take Dr. King's New Discovery.

You catch cold because your system is below normal and finds itself unable to throw off the cold germs. To recover you should first take a remedy to kill the germs. Then be careful of your eating. Avoid exposure. Go to bed early and save your strength in every possible way. To kill the germs take Dr. King's New Discovery.

Just the minute Dr. King's New Discovery touches the cold germs they begin to shrivel and die. Your irritation ceases. The cough eases and you begin to get better. Dr. King's New Discovery is just laxative enough to expel the dead germs and poisonous secretions.

The ingredients in Dr. King's New Discovery make it an excellent cough and cold remedy. Don't endure the annoyance of coughs and colds. Don't keep on suffering. Don't take the risk of more serious illness. Take Dr. King's New Discovery. Watch your eating and habits. You will find your cough and cold under easy and natural control and be assured of a speedy recovery. At all druggists.



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ome and look at it tomorrow. See the pure aluminum table—e deep metal drawers, the oversize cupboards—note the wide space uncluttered by cubbyholes or partitions.

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$4.00 Boys' Suits now....$2.69
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$5.00 Boys' Suits now....$3.69
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