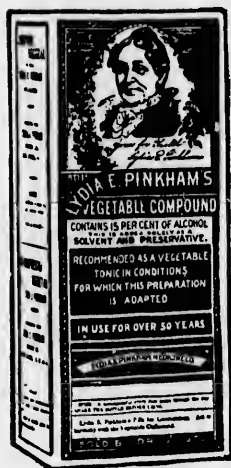


Avoid Pain



Many women endure needless pain at the menstrual period. They suffer at this time from backache, headache, cramps, blue spells, irritability, lassitude and general depression. While some of these symptoms may be inevitable many of them can be avoided by building up your general health.

Take Lydia E. Pinkham's Vegetable Compound regularly. Take it for relief when you feel at your worst. Continue to take it during the month. As your general health improves you should have less and less pain.

Lydia E. Pinkham's Vegetable Compound has the written endorsement of half a million women. It is sold in two forms—liquid and tablet. The tablets are chocolate coated and just as effective as the liquid. Slip a package into your handbag, or keep it in your desk at the office. Take your medicine according to directions wherever you are. Each package contains 70 tablets or 35 doses, about the same number as is contained in a bottle of liquid Compound.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

In use for over fifty years.

98 out of 100 report benefit.

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