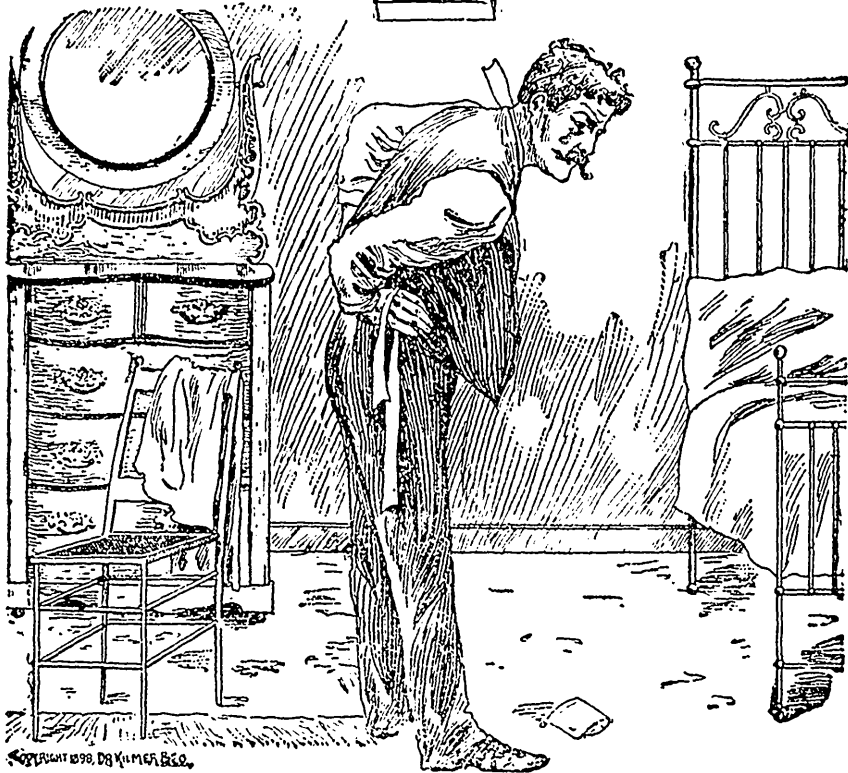


DO YOU GET UP WITH A LAME BACK ?



Do You Have Rheumatism or Neuralgia ?

Are You Sleepless, Nervous, Irritable ?

Kidney Trouble Makes You Miserable.

Dr. Kilmer's SWAMP-ROOT is the Great Remedy for all Kidney, Bladder and Uric Acid Troubles.

By Special Arrangement Every "Forester" Reader, to Prove for Themselves the Wonderful Merits of this Great Discovery, May Have a Sample Bottle Sent Absolutely FREE by Mail.

Well people have healthy kidneys.

You are in no danger of being sick if you keep your kidneys well.

They filter your blood, keep it pure and free from disease-breeding germs.

Your other organs may need care, but your kidneys most, because they do most.

If you are sick, begin with your kidneys, because as soon as they are well they will help all the other organs to health.

The treatment of some diseases may be delayed without danger, not so with kidney disease.

Swamp-Root is the great discovery of Dr. Kilmer, the eminent kidney and bladder specialist, and is a genuine specific with wonderful healing action on the kidneys.

It will be found by both men and women just what is needed in all cases of kidney and bladder disorders, lame back, dull pain or ache in the back, gravel, catarrh of the bladder, rheumatism, sciatica, neuralgia, uric acid troubles, and Bright's Disease, which is the worst form of neglected kidney trouble.

Swamp-Root corrects inability to hold water and

promptly overcomes that unpleasant necessity of being compelled to go often during the day and to get up many times during the night. If your water, when allowed to remain undisturbed for twenty-four hours, forms a sediment or settling, or has a cloudy appearance, it is evidence that your kidneys and bladder need immediate attention.

The way to be well is to look after your kidneys.

To take Dr. Kilmer's Swamp-Root when you are suffering from clogged kidneys.

This prompt, mild and wonderful remedy is easy to get at the drug stores in fifty-cent and one-dollar bottles.

To prove for yourself its wonderful merits you may have a sample bottle and a book telling more about it, both sent absolutely free by mail.

The great discovery, Swamp-Root, is so remarkably successful that all Brothers are advised to write for a free sample bottle, and to kindly mention the *Independent Forester* when sending their addresses to Dr. Kilmer & Co., Binghamton, N.Y., so that the advertiser will give our publication proper credit for bringing his announcement to your notice.