

## For Stomach Troubles Try Vinol

Health depends upon good digestion and very few persons reach the age of forty without suffering from indigestion in some form or other. Your strength, your very life depends upon the nourishment you get from your food and unless your digestion is good your whole body will suffer.

If your food distresses you, if you have weight or pain in the stomach, sour stomach, headaches, bad taste in the mouth, offensive breath, gas in the stomach, with bloating or flatulence and coated tongue, you need Vinol.

Vinol makes weak stomachs strong because it strengthens and tones up the weakened, tired and overtaxed nerves of the digestive organs. Where cod liver oil, emulsions and other remedies upset and derange digestion Vinol finds a welcome and is easily assimilated by the weakest stomachs. Moreover Vinol is delicious to the taste.

### Our Guarantee.

Try a bottle of Vinol with the understanding that your money will be returned if it does not help you.

### Proof that Vinol Cures Stomach Troubles.

#### Digestion Much Stronger.

Mr. Ditmor Spees, Wapakoneta, Ohio, says: "I had a bad stomach trouble for years and became so weak that I could not keep food on my stomach. My appetite was very poor, and it seemed impossible to get any relief. Since taking three bottles of Vinol I find that it has already made a remarkable improvement in my health, my digestion is much stronger, and I have gained in weight."

#### Stomach Trouble Disappeared.

Mrs. H. J. Smith, Thomasville, Ga., says: "One of my friends advised me to take Vinol and it has done me great good. The tired, worn-out feeling is all gone and I am so much stronger, vigorous and better. The stomach trouble soon disappeared and now I eat heartily and have perfect digestion. I wish every tired, weak, nervous woman would try Vinol."

### Food and Drinks to be Avoided by Dyspeptics.

All fried foods, rich soups, pork, liver, veal, corn, meats, prepared meats, turkey, goose, duck, salmon, salt mackerel, blue fish, sardines, lobster, cucumbers, cabbage, parsnips, egg plant, turnips, carrots, sweet potatoes, string beans, pastry and pies, dried and candied fruits, cheese, ice water, strong tea, all malt liquors, and all sweet wines.