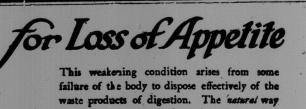
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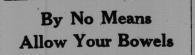
for bringing the mother back to nor-mal health and strength. It is an excellent restorative, con-tains no harmful drugs and may be taken in safety by a nursing mother.







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tains no harmful drugs and may be taken in safety by a nursing mother. Thousands of mothers who have regained their strength by taking it are its best recommendation. Why not take it yourself? **Could Not Gain Strength** Bury, Quebec. --''I have had great "help from Lydia E. Pinkham's Vege-table Compound and I am a different woman now. I was very sickly be-fore my first child was born. I did not get my strength back afterwards, and he did not stay with us long. I took Lydia E. Pinkham's Vegetable Compound for three months before my second child was born, and have taken it occasionally ever since. My doctor had said that medicine would not do me much good, but my nurse wished me to try the Vegetable Com-pound, so I did. I do not go without having it in the house now and I am looking well and feeling fine. I do all my work, sewing and all."--Mrs. JOHN SIMPSON, Box 555. Bury, Quebec. Oshawa, Ont. -- "After my second child was born I was sick and tired Lydia E. Pinkham's Private

Before My Baby Came Vancouver, B. C.—"I took Lydia E. Pinkham's Vegetable Compound before my baby came as I was suffer-ing from neuralgia pains. I had not been taking anything for these pains because I thought there was nothing I could do, but when I read about the Vegetable Compound in the 'Van-couver Daily Province' I began tak-ing it; and of two things I am sure-that I had an easier time when the baby came and that it is the best medicine ever. I recommend it to all, my friends who suffer as I did, and you can use my letter as a testi-monial."—MRS. JOSEFH BLACKMAN, 222 9th St. West, Vancouver, B. C.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario. This book contains valuable information.

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Gired out after Work?

THE stress and high pressure of modern business L life entails a severe strain on the nervous system. At the end of the day you are exhausted in mind and

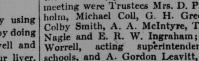
A cup of delicious "Ovaltine" will overcome that feeling of fatigue. It will give you renewed energy with which to enjoy the pleasures of the evening. It will ensure sound sleep and supply a reserve of strength for the work of tomorrow. of manufacture ensures prompt and certain assimilation.

"Ovaltine" is a super-nourisher. It contains all the natural, stimulative properties of malt, milk and eggs-it is a scientific concentration of these splendid tonic foods.

contains all the natural, stimulative properties of malt, milk and eggs-it is a scientific concentration of these splendid tonic foods. Some idea of its value as a restor-ative and a giver of energy can be

BRITISH -and used throughout TONIC FOOD BEVERAGE the Empire Builds up Brain, Nerves, and Body







you for your help and I am tak-ing your medicines right along. If any woman wants to write to me I will tell her the same."-Mrs. J. MCGINN, 300 Courcellette Avenue, Oshawa, Ontario.

help me quite a bit and better after I had tak

