Almost Crazed by Headaches

When Nellie Williams,

Both Rights, Mass.

"Said a young girl, I have suffered

With both sick brothers, and at times

It seemed almost easy with the pain.

My medicine was everything I could

And I was always told to get something to do as you said.

Six months ago, someone told me about "Trush" and I put a box and obtained much relief.

Now I have "Trush" in the house all the time, but I will not be well unless my head hurts a little.

I cannot speak of all the things my medicine has done for me, but it is true that it has made my life better and

It has been a wonderful blessing to me.

-Miss NELLIE WILLIAMS,

Brockton, Mass.

Admission from FRUIT-A-TIVES

Lambert, O. T.

MOTTO—HELPFUL AND HOPEFUL.

The History of the

The wearing of the white hat, the green hat, the red hat, and the brown hat has been a long-standing tradition in the region. The white hat was worn by the loyalists, the green hat by the patriots, the red hat by the rebels, and the brown hat by the neutrals.

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feel blue

Since mental disorders, paroxysm of depression, melancholia, are, in fact, an indication of the digestive organs, it is necessary to remember that Aloe’s Medicated Pills will digest and much of the disorder. Overworked nerves, and the digestive system, is the normal, not the natural. Overworked nerves and overworked minds produce a similar result, but the normal, natural process of action can be so harmful.

I. NICK'S HARD FATE

One woman to whom I have spoken of my feelings about depression, when she looked at me with traces of tears in her eyes, said: "If you should not live, I would die."

The story of Nurse Brown's Military Convent is one of the most interesting in the realm of lived beauty and out of a story of despair.

For instance, in the story of the nurses of the convent, we read of a sister named Sister Mary, who, after years of service as a nurse, was sent to a distant country, where she was to live the rest of her life. The convent was located near a large city, and Sister Mary was to be in charge of a small nursing home.

Once a month, on the day of the convent's birthday, Sister Mary would receive a visit from the convent's Sisters, who would bring her a gift of flowers and a letter of encouragement.

When you 'know' you have a stomachache, do not expect your liver. You need Bicham's PILLS. A lofty liver and overworked kidneys allow less carbonic acid to enter the blood and influence the body.

The Pilis are of the following kind: BICHAM'S PILLS.

"For the relief of dyspepsia, losli, etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc., etc,
MEXICO'S WEALTH OF SILVER

Amazed Grant of Compan
eros

By Frank M. R. Oil twenty million dollars in silver to the Union

Honor Guard, which brought Dozens of Silver and Miners to the railroad

MEXICO, February 23, 1920.

Mexico has produced a wonder stream of silver at its modern mines in the last ten years.

The Grant was made to the Union Honor Guard, which brought dozens of silver and miners to the railroad

PEANUT UNTIL LOOKED GOOD

But After Knowing Letter From Ag Engineer, Dr. Geyman, City Council Stood by the Line.

A city mayor got a very glowing review when he asked the city council to erect a monument to the peanut, but he was told to stand by the line.

THE AMERICAN, ELLSWORTH, Me., WEDNESDAY, FEBRUARY 11, 1920.

SPECIAL NOTES

Loyal Protective Insurance Co.

Boston, Mass.

Subscribers for This American

$1.00 a year in advance
There's a World of Solid Comfort in the Rich Red Tin

YES, sir, that means some warm red and gold tin that smiles a welcoming "Howdy" to you in every tobacco store. Know what those colors mean?

The red is for the friendly warmth, the mellow cheeriness, that Velvet puts into your old pipe. And the gold is where the Kentucky sunshine, that ripens good old Velvet, has just sort of soaked through.

And think this over:

We don't have to hide Velvet's taste or smell with a lot of this, that and the other thing. Because Velvet has naturally what pipe smokers want—real simple, pure tobacco taste and fragrance. It's just good, honest Kentucky leaf, made still more friendly and mellower by two years' ageing in wooden hogheads. Just good tobacco. That's all. But it's mighty near enough for the man who wants a pipeful of tobacco and not a box of bonbons.

The picture of a pipe on the tin nee's you keep from rolling a tin-dandy cigarette with Velvet.

How's the Velvet holding out in your old red tin?
CAFE

Catarrh Will Go Go

WOMAN'S RIGHT TO PROPOSE

BY DOROTHY GIDEI STUART

The American Woman, February 11, 1920

ENABLING TO WORK

1920

When a young woman has a cold, she is often told to go to bed and rest. But is this advisable? Is the bed the only place where she can rest? Can she not work at her task and still be well? If so, what is the best way to do it? These questions are often asked by the young women who are seeking to improve their health and mental condition.

It is generally believed that women who are employed in factories and offices are more likely to catch colds than those who are not employed. This belief is not based on fact, however. Many studies have been made of the comparative health of employed and unemployed women, and it has been found that there is no difference in the frequency of colds between the two groups. In fact, it has been shown that women who work are actually less likely to catch colds than those who do not work.

One reason for this is that women who work are able to keep their bodies in better condition than those who do not work. They are able to get more exercise, and they are able to eat a more varied diet. They are also able to avoid the harmful effects of alcohol and tobacco, which are common among women who do not work.

Another reason is that women who work are able to maintain a more regular schedule. They are able to get more sleep, and they are able to get more rest. They are also able to avoid the harmful effects of overwork, which is common among women who do not work.

The best way for a woman to work is to find a job that she enjoys. If she finds a job that she enjoys, she will be more likely to work hard and to take care of herself. She will also be more likely to stay healthy and to avoid colds.

For women who are unable to work, the best way to keep healthy is to follow a reasonable diet, to get plenty of rest, and to avoid alcohol and tobacco. They should also try to keep their bodies in good condition by doing some exercise and by eating a varied diet.

In conclusion, it can be said that women who work are actually less likely to catch colds than those who do not work. They are able to maintain a more regular schedule, and they are able to get more sleep and more rest. They are also able to avoid the harmful effects of overwork, and they are able to enjoy the benefits of a more varied diet.

The best way for women to work is to find a job that they enjoy. If they find a job that they enjoy, they will be more likely to work hard and to take care of themselves. They will also be more likely to stay healthy and to avoid colds.

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CHILDREN OPEN INTERNATIONAL RELATIONS ST. VALENTINE'S DAY

Will Give Parties to Get Clothing and Funds for 500,000

PRODUCES FROM A PUZZLE

Materials Left in a Puzzle for Children's Effort in
New York to Help Serbian Orphans—If You Can't Solve
It, You Can Help

Children are being divided in England almost daily. Some
have been divided by the present war.
One of the puzzling numbers in France, Boston is a third
party, and a fourth division point in the
other.

Currently, baby clothes are supplied
by the American Red Cross, but the
other children's clothes are not being
supplied. Many of the children have
never had any clothes, and some
have
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