IMPORTANCE OF THE SACRAMENT

An Address by President Francis M. Lyman, Delivered at the Tabernacle, Salt Lake City, Sunday, March 14, 1909, Before the Salt Lake Stake Conference.

(Reported by F. W. Otterstrom.)

I am pleased to be with you today. This is a splendid gathering, representing the Salt Lake stake of Zion, although I suppose the congregation includes representatives from other stakes, particularly in the city. The congregation was fewer in number this morning in the Assembly hall. We had a very good representation of the officers, but we had room for a thousand more from the Salt Lake stake. I believe that you could well afford to attend the morning meetings of your conferences, for they are intensely interesting. We had the sacrament, and I understand there will be no ward meetings in the Salt Lake stake, so you have missed the opportunity of partaking of the sacrament. I would like to impress upon the members of the Salt Lake stake, as well as all other Latter-day Saints, that it is a very important matter for us to be trained and experienced in partaking of the sacrament. The Lord requires us to do so frequently, and the rule of the Church seems to have determined that "frequently" is once a week; and unless it has been partaken of in the Sunday schools it should be given in the ward meetings to as many Latter-day Saints as can be accommodated. This is a very important privilege as well as a requirement. The Savior has commanded us to partake of the sacrament in memory of His body and blood that we may frequently renew our covenants with the Lord and witness before Him that we love Him, that we keep His commandments, and that we are willing to continue to do so in the future.

My brethren and sisters, let us look over our lives and our experiences and try to discover wherein we can improve ourselves, and then try to do better in the future. Let us see if we can't improve our ways, so that the Lord will be better pleased with His people, so that He will be prepared and willing to pour out His blessings more abundantly upon us. I believe we remember our tithes and offerings better than we do the sacrament. Brethren and sisters, examine your own condition and find out if you are not more prompt in the offerings that you make for the poor and for the building up of the kingdom, and more prompt in the payment of your tithing, and in observing your prayers, than you are in meeting together to partake of the emblems of the body and blood of the Lord. I trust that you attend to your prayers, night and morning, and that you remember your tithes and offerings, but I also hope you will not forget or neglect to meet together often, that you may receive the sacrament, to witness unto the Lord, not only that you remember Him and keep His commandments, but that you love one another. Do we love one another? If we do, we ought to come together and manifest our fellowship and our love for one another as well as for the Lord; for in this ordinance we manifest to the Lord and to each other that we love the truth, that we love righteousness, that we are obedient, that we are humble, that we are submissive, that we have in our compositions that important principle of charity for one another, and that we forgive each other. We also give evidence that we entertain sentiments of affection and love, patience, longsuffering and kindness for one another, and that we do not allow bitterness or ill feelings to come into our hearts.

PROHIBITION SHOULD BE EASY.

The Latter-day Saints are a good people, and are trying to do better all the time; preaching and living the gospel. I believe we are doing fairly well, and yet there is ample room for improvement in all of us. It ought to be easy for the Latter-day Saints to adapt themselves to prohibition, this movement that is now spreading throughout the United States and is agitating other countries as well. Our people who have been practising the Word of Wisdom, abstaining from the use of forbidden things, living under the law of the gospel, the prohibition of the gospel, will find it easy to adopt and support this movement. But those who have been addicted to the use of liquor and have been sustaining saloons and enjoying their traffic and goods will find it quite a change. It will be quite difficult, perhaps, for people who have been used to these things. I understand from my acquaintance with men and their ways, that it is a difficult matter to leave off tea and coffee and tobacco—to say nothing about liquor, and liquor is the most fascinating, the most dangerous and deadly of them all. It is difficult to get along without these things when we have been used to having them all our lives; so that we do not wonder that quite a percentage of the people of this state, as well as other states, are not prepared and are not ready to give up these things entirely.

OTHER REFORMATION NEEDED.

There are also other laws that it is difficult to live up to. It occurs occasionally that men are not able to be honest; they cannot control themselves in private affairs or public affairs; they cannot be strictly honest in business and the like. It seems to be difficult for some people to make the necessary reformation in their lives, to hold themselves free from overstepping the law, or keeping the law and becoming transgressors. But we have received the law of the gospel, we have entered into covenants with the Lord, that we will repent of our sins and that we will refrain from doing wrong. This is what we have engaged to do, and it behooves us to live up to these requirements. We have undertaken to serve the Lord, to repent of our sins, and to work righteousness. We have undertaken to preach the gospel, particularly in the world, and to live it ourselves. We have entered into covenants with the Lord—not with man, not with the Prophet Joseph Smith, nor his successors, nor the elders of this Church; but we have covenanted with the Lord to keep His commandments. If we are true and faithful to these covenants He has promised to bless us, to redeem us, to save us from our sins, to bring us back into His presence and give us eternal life. That is the reason why this gospel has been so fascinating to us; we have been impressed with its truth; we have believed it, and we believe it now with all our hearts. We have been struggling to carry out its principles in our lives. We are laboring privately and publicly; we are organized, and we are making every effort to save the people from their sins and transgressions, and keep them humble so that they may obtain a remission of their sins. That is the object of the Latter-day Saints; that is the object of the gospel of the Lord Jesus Christ revealed to us. We believe that it is divine. We believe that Joseph Smith was sent of God. We not only believe that with all our hearts, but we know it. The Lord has manifested to us that these doctrines are true; and we have proven them, partially; we have demonstrated their truth, and we have obtained the blessings which the Lord has promised to us. Our prayers have been answered. We have been gathered together, and the Lord has taken care of His people; He has preserved them against the power of darkness, sin and Satan.

SHOULD FAVOR SOBRIETY AND TEMPERANCE.

In view of these things, it is quite proper that the Latter-day Saints should be in favor of sobriety and temperance, and I believe that we are, quite generally. I believe that is the prevailing sentiment, and though we may have ideas, some of us, that are opposed to harsh measures and the like, and we may not all be agreed in regard to business matters and what is just and right in that regard, yet every Latter-day Saint believes in temperance—that is in refraining from the use of intoxicating liquors as a beverage. No true Latter-day Saint believes in the use of these things. There may be men among us who indulge in these things, but when they do they are not Latter-day Saints. Latter-day Saints are sober; they are temperate; they are moral; they are conscientious and honest; they do not steal; they do not rob; they do not profane—when a man indulges in those things he ceases to be a Latter-day Saint, he forsakes his profession and is not worthy the name of a Latter-day Saint. When he goes into sin and transgression, when he is drunken, profane, wicked, corrupt, and in any manner vicious and ungodly, he is not a Latter-day Saint. You may see those among us who are enrolled, but who are not entitled to standing; they ought not to be enrolled, for they are unworthy; they are not doing their best to be Latter-day Saints. Men have weaknesses and may make mistakes, and the Lord will forgive them; but if they are wilfully wicked, He is not pleased with them; He does not fellowship with them, and He does not allow them His Spirit. Men who enjoy the Spirit of the Lord, which accompanies this work, and which we received at baptism, by the laying on of hands—men who enjoy that spirit are good men; they are saints; they are faithful; they are true and chaste and charitable. Men who possess that spirit are good citizens; they love the truth; they love the right, and they work righteousness. They do not do anything that is wrong; they do not lie; they do not cheat; they do not defraud; they are not wicked or vicious. If we possess that spirit we will be charitable to our neighbors, who have weaknesses as well as ourselves. If we are faithful and found in the line of our duty, the Lord will increase upon us that spirit. Latter-day Saints should do so; we should not bear ill will toward one another on account of business, or politics, or anything else. We ought not to allow ourselves to be offended with one another. We should not allow bitterness to enter our hearts at all, but cultivate a spirit of kindness and brotherly love, not only for the Latter-day Saints, our neighbors, and our own kindred and friends in the household of faith, but we ought to love the world. Don't you think the Savior loves our neighbors, even those whom we sometimes hate? Don't you think the Father loves them? Are they not His children? Have they not descended from Him? Why, certainly they have.

HONORABLE MEN OF THE EARTH.

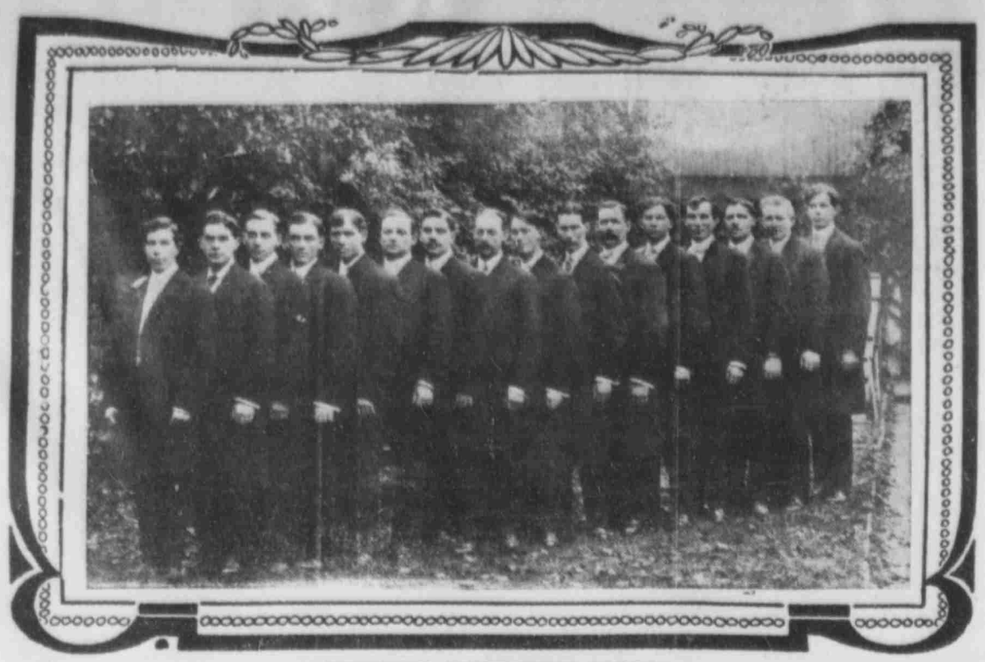
All men upon the earth have descended from our Father. He is our common Father, and we are answerable to Him. Therefore, He loves them as He loves us, and He desires their salvation. The gospel is sent into the world for them as well as for us. It has been preached to the people of the world in the past, and it will be preached to them now, if they will only listen and receive it. If they will not receive it, they will do a great deal of good notwithstanding. You will find many people of the different denominations, and those of no denominations, filled with the spirit of love, charity, truthfulness and business integrity. You find many such men in the world, men as honorable as men can be. They do not see the truth; they do not understand the gospel, but they have the light of Christ abiding in their souls—for every particle of light, every intelligence that they enjoy, every particle of wisdom and understanding comes from God. They may not recognize or acknowledge it, but such is the truth. The Lord bestows His Spirit upon all His children that he sends into this world—every one of them. The light and intelligence that men enjoy, and even the strength and power that they use for wicked purposes is the power of God, for without His power men have no power at all. There is a spirit in man, in this body, but it is the inspiration of the Lord that gives understanding to the spirits of men, and the Lord has so endowed them, the Lord has so blessed them that there are great men, great spirits, great financiers, great business men, great spiritual men, men of great humility and of great integrity and charity, men full of love for their neighbors and for the world. There are also men possessed of inventive genius, with great power and understanding. These men God has raised up and inspired and qualified for the important labors that devolve upon them—not all among the Latter-day Saints, but some, of course.

ADVANTAGES OF LATTER-DAY SAINTS.

The Latter-day Saints have an advantage over the people of the world in this, that we have been enabled to see the truth, to see the light of the gospel, and to know the way. Jesus knew the way, and His disciples. His apostles knew the way. They had the light; they had inspiration; they knew the Father; they knew Jesus, for the Father revealed the Son to His disciples and apostles, and Jesus revealed the Father unto His disciples, and they bestowed upon their followers the Holy Ghost. By the power and inspiration of the Holy Ghost they knew that God lived; they knew that Jesus was the Christ; they knew the doctrines of the Gospel; they comprehended them; they lived according to these principles and they advocated and taught them to the world. That was the message which God required them to carry to all the world, to preach the Gospel to every creature and he that believeth shall be saved. That message is just as true today as it was then. If a man will not believe the truth, if he will not receive the Gospel of the Lord Jesus Christ, he must be condemned, for light and truth have come into the world. God has established His work and has called men everywhere to repent and turn unto Him. If they will not do it, they stand condemned. That is the message which the Lord has sent through the Prophet Joseph Smith and thousands, tens of thousands, and hundred of thousands of our brethren and sisters have received the gospel; and all men may receive it if they will. It is the true way of life and salvation, and if men will, they may receive it. Now, as anciently, there are some who are willing to make the sacrifice necessary to enlist in the cause of the Son of God, but there are many who have rejected Him and His message. They have rejected the way of life and salvation. They have been willing to receive error, because error has appealed to them; they have been deceived, and have been led to believe false doctrines that have been in the world. It is necessary to correct the way of the world, and the gospel has been revealed. The Father and the Son came and revealed themselves to the Prophet Joseph Smith, that it might be known that God is our Father, that we are like Him, that there might be a witness today. There are thousands of witnesses today who know that God lives, that He is our Father, that we are like Him, that Jesus is our elder brother, the Son of God, the Redeemer and Savior of the world. The Lord has sent this message to the world and has called all men everywhere to repent. I want to say to this congregation, though you be Latter-day Saints, we ask you to repent; we ask you to reform; we ask you to correct your ways and walk in life if you are not walking in the straight and narrow path that leads to eternal life. We want you to reform; we want you to attend to the duties that devolve upon you. Our friends and neighbors present here today, who are not of the household of faith, we ask you to repent of your sins, humble yourselves before the Lord, receive the ordinance of baptism; come into the fold and learn of God who will teach you of His ways, for the way is plain and simple, and all men may receive it and have joy and happiness in this life and taste the joy of the celestial kingdom in the world to come.

I testify to you, my brethren and sisters and friends, that this is the work of the Lord—this work so simple and so generally despised by the peoples of the world who do not know us and do not understand the gospel. They feel that we are deceivers and that those who have entered into this Church and kingdom have been deceived and are in the dark, not in the light. They have not the light that we have received, and they cannot receive it, because they will not humble themselves before the Lord. I ask all men everywhere to repent. I think that is consistent and reasonable, for all men must repent; no man can be saved in his sins. We say unto all men, come unto the Lord, repent of your sins, work righteousness, keep His commandments, and you shall know the Father, you shall know the Son, you shall know the truth, and the inspirations of the Lord will rest upon you and fill your hearts with joy and happiness, now and forever.

God bless you, my brethren and sisters, my friends, my neighbors, those with whom I live, those that I love, for I love the saints of God; I love them all. I can't think of a man in the world that I despise and hate. I know men who transgress, and I am sorry for their sins and wickedness, but I pray God to forgive them and open their eyes that they may see the truth and enter into the fold. May God help us all to be faithful, those who have undertaken this work, and those who have not—that they may enter into the fold and receive of the blessings of the Lord, for there is nothing in this life equal to the blessings of the gospel; the silver and wealth of the world are as nothing compared to the gospel and the joy and happiness that comes to man when he knows that his sins are forgiven. That brings joy and happiness to his soul, such as no other spirit gives. I ask God to bless you, my brethren and sisters, all present and all who are not present; may the Lord's blessing and spirit be upon His children for their salvation, through Jesus Christ, Amen.



GRIMBSBY CONFERENCE ELDERS.

Left to right—A. W. Hall, President; W. E. Stoddard, Kendall U. Brown, P. Harbertson, William W. Thomas, E. A. Clayson, C. T. Jones, R. M. Fairbourn, R. J. Parker, F. W. Giles, William Clark, J. L. Shepard, A. H. Lowe, A. T. Rose, R. H. Smith, F. T. Bennett.

GENEALOGY

All communications for this department should be addressed to the Secretary of the Genealogical society, Elder Joseph F. Smith, Jr., care of Historian's Office, Salt Lake City, Utah.

CONCERNING DAUGHTERS IN FAMILY RECORDS.

A letter from Mrs. Leah D. Widtsoe of Logan, Utah, requests the following information:

Have I a right to take the names of daughters' husbands, with their children, and their married mates and their children, being the grandchildren of the daughters of the Young family, upon which I am working? I find such descendents in the book I am working on and feel remorseful if I don't take them and uneasy if I do. And I beg you to get the authoritive information in this matter and print in the "News" as there are others also thus puzzled.

The answer from Elder Duncan M. McAllister, chief recorder in the Salt Lake temple, is as follows:

In answer to your enquiry, I have to say that when a woman has married outside the family line of her parents, the rule in this temple has been to limit the ordinance work to her and her husband and to their children. The reason for this limitation is that, as her husband belongs to another family, it is the right, and duty, of representatives of that family to attend to the temple work for his descendants.

Those who have pedigrees of descendants of women who have thus married outside of their family lines, are invited to furnish copies of such pedigrees to the Genealogical society, where they will be filed, and a notice thereof published in this department, for the benefit of others who may have the right to perform temple ordinances in their behalf.

Yours very truly,
DUNCAN M. McALLISTER.

GENEALOGICAL LIBRARY.

English books in the Genealogical library, which are accessible only to members of the society, but not for sale at any price.

Durham Visitation Pedigrees, 1575, 1615, 1666.

Visitation of Ruthland, 1618-19; Somersetshire, 1623; Surrey, 1530, 1572, and 1623; Worcestershire, 1569; Warwickshire, 1619; Kent, 1619; Essex, Parts 1 and 2; Devonshire, 1620; Dorsetshire, 1623; Wesminister Abbey Register, Musgraves Obituary, 4 vols. Registers of St. James, 5 vols.; St. Peters Cornhill, London, 1667-1774; 1538-1668; St. Michael, Cornhill, Londan, 1546-1754; Wandsworth, 1603-1787; St. Mary, Lewisham, Kent, 1558-1750; Aldermary, London, 1558-1754; St. Dionis, Backchurch, London, 1538-1754; Stourton, Wilts, 1520-1800; Wildesham, Surrey, 1677-1783; St. Thomas, London, 1558-1754; St. Margaret Lee, 1579-1754; Kensington 1539-1675; Broseley, Shropshire, 1520-1700; Canterbury, cathedral, 1564-1878; S. Diones, Backchurch, 1538-1754; Christ Church, New Gate St., 1538-1754; St. George Chapel, May Fair, 1740-1754; St. Martin in the Fields, 1550-1619; St. Antholin, London, 1538-1754; Visitation of Suffolk, 2 vols.; Micellania Genealogia et Heraldic, vols. 1 to 5; Hert's Genealogist and Antiquary, vols. 1 to 3; Roses' Genealogical and Historical Notes, vols. 2 and 3; Burke's Landed Gentry, 2 vol. and 2 vol. Ed; Burke's Peerage, Baronetage, Knightage, 1883-1894; Baronet and Extinct Peerages.

GENEALOGICAL MEETING.

The meeting held by the general board of the Genealogical society at the Assembly hall this week was well attended by temple workers who attended conference. Vice President A. Milton Musser presided. After invocation by President William Budge of Logan temple, Bishop Christenson of the board of the society spoke of the importance of genealogical research. Elder Lewis Anderson, president of Manti temple, President Budge, and Recorder Roskelly of the Logan temple, Recorder Duncan M. McAllister of Salt Lake temple, and Mrs. Susa Young Gates of Salt Lake City spoke upon the importance of the temple work for the dead and its sacredness, and urged the saints to avail themselves of the advantages of membership in the Genealogical society, to obtain necessary data of their ancestors. They also gave valuable suggestions in record keeping.

Joseph F. Smith, Jr., secretary of the society, gave a short sketch of the society, the objects for which it was organized, and urged all to join in promoting its beneficent work.

Cancer Cured At Home

How to Cure Cancer in the Privacy of Your Own Home Without Risk or Danger Mailed Free.

I have a wonderful treatment for cancer which has without a doubt cured more cases of cancer than any other remedy known. Many of them cured in from 10 to 20 days after being given up to die.

It is not a new and untried discovery, but is a scientific preparation, the results of years of careful study and experimenting, and my hundreds of endorsements by cured patients from all parts of the world is proof that I do cure cancer.

I have one of the finest sanitariums in the country for those who wish to come and have my personal attention. However, you can cure yourself just as well at home. Any bank or business firm in Lebanon will tell you we are reliable and successful in curing cancer.

Fill out the free coupon below with your name and address and send it today and receive particulars.

FREE CANCER COUPON

If you suffer from cancer in any form, simply fill in your name and address on dotted lines below and mail today to Dr. Curry Cancer Cure Co., Curry Sanitarium, Lebanon, Ohio. You will be surprised how easily you can cure yourself at home without risk or danger.

Name.....

Street.....

City..... State.....

If you prefer not to address the Cancer Company itself, you may reach the doctor privately just as well by addressing his private Secretary, E. W. Ramsey, Box 188, Lebanon, Ohio.

Nerve and the Directoire.

A prominent writer says: "You will need all your assurance the first time you walk out in your new gown." She means you will have to know you are absolutely fit, or you will not be able to wear it with satisfaction. If you are too fat this assurance will be lacking, for if the directoire reveals anything it reveals fat. Consequently stout ladies are in duty bound, out of respect to their own peace of mind, to reduce—and reduce quickly—for time is short.

Exercising and dieting being out of the question as too tiresomely long winded and not desirable anyway as a sure means of reduction, the question arises, how shall any except very slim ladies fit themselves to wear the new mode with the necessary assurance. The answer is Marmola—¼ ounce, no more, no less, mixed with ½ ounce Fluid Extract Cascara Aromatic and 5½ ounces Peppermint Water; all of which any druggist will supply for a small sum.

This pelasant mixture helps nature to take off fat quickly, many losing a pound a day, and yet owing to the domestic character of its ingredients, it can do no harm. Take a teaspoonful after each meal and at bedtime and test for yourself the truth of the statement that with Marmola alone one can reduce any thing as much or little as desired without fear of causing either wrinkles or stomach trouble. It provides the means whereby you can train down to the mode without interference to your diet or your habits.

A KNOCKER

Is a man who can't see good in any person or thing. It's a habit caused by a disordered liver. If you find that you are beginning to see things through blue spectacles, treat your liver to a good cleaning out process with Ballard's Herbine. A sure cure for constipation, dyspepsia, indigestion, sick headache, biliousness, all liver, stomach and bowel troubles. Sold by Z. C. M. I. Drug Dept., 112 and 114 South Main Street. B

MEMORIES OF MESSINA.

Via Garibandi, Corso Cavour, Corso Vittorie Emanuele, how brilliantly gay they used to be! I have spent hours on my balcony of the Hotel Trinacria merely watching the life of the marina. The sea breeze used to come up to me lemon-scented. The blue waters of the harbour laughed. Sometimes I heard the sound of guitars. For just beneath me were osterie and wine shops where came the mariners from many lands. Girls laughed. Those warm and tremulous voices which come only from southern throats rose up and floated towards the blue, singing of "Carolina," and the joys and the torments of love for Rosina, of the star that fell when Beppo was lost at sea, of the sun-worship that burns in the breast of Sicily's children. And the great sails bent over at the touch of the wind as the boats tacked out into the straits, and over there, under the forts of San Sanvatore and of San Ranieri, the torpedo fleet lay at its station. Crack went the whips of the coachmen. The small victorias rattled over the stones. The tram-bell sounded, and the family parties intent on eating oysters at Granzirri hurried to take their places. Father Neptune from his pedestal looked out over the sea and down on the "frutti di mare" spread out under the iron roof of the lofty market hall, with fish of all shapes and sizes, and shot with wonderful colors, green, blue, amber, scarlet and coral pink. The sellers of earthenware, and of those Sicilian "quartare" which, when they are full of water, the women balance so gracefully on their heads, lifted up strident voices, anchor chains rattled, wagons pulled by white oxen rumbled heavily by.

Life pulsed, life spoke, laughed, touched the guitar, sang, loved under the motionless blue beside the moving blue.

Father Neptune still stands on his pedestal. Still he looks out over the sea. Behind him are ranged the spectral shops and the spectral palaces. At his foot is the tortured pavement—where is has not sunk beneath the sea. He does not know. He does not remember. But we who know, and who have loved the gate of Sicily, turn our faces away, mourning the sudden ceasing of such a glory of existence at the foot of the summoning mountains of the Enchanted Isle.—Robert Hichens.

CORN, OATS, Rolled Barley. Wholesale.

Car Lots a Specialty — Husler's Flour Makes Good Bread

Inter Mountain Milling Co.

A BABY SHOW IN SALT LAKE

Would have many contestants; but it's safe to say that the healthiest baby would win the prize. No baby can be healthy who suffers from worms and most babies do unless they are kept free from them with White's Cream Vermifuge. Acts quickly, yet mildly—is its own purgative. Mothers, don't attempt to raise children without White's Cream Vermifuge. Price, 25 cents. Sold by Z. C. M. I. Drug Dept., 112 and 114 South Main Street. B

A PIOUS ADVERTISEMENT.

Moral suasion of the most ingenious kind is evident in the following advertisement printed in the Pennsylvania Gazette for June 23, 1787. The author of this little masterpiece is supposed to be no other than Franklin himself. "D. F.," then, stands for Deborah Franklin:

"Taken out of a pew in the church some months since a Common Prayer book bound in red, gilt and lettered D. F. on each cover. The person who took it is advised to open it and read the eighth commandment and afterward return it into the same pew again, upon which no further notice will be taken."

To Dispel Colds and Headaches; *To Cleanse the* System Effectually; *To assist in Overcoming* Habitual Constipation Permanently; *Use the* Pleasant and Refreshing Laxative Remedy

Syrup of Figs AND ELIXIR OF SENNA

MANUFACTURED BY THE California Fig Syrup Co.

Acts gently yet promptly without disturbing the natural functions and without any unpleasant after effects and therefore it is the best for the mother and the infant, for the invalid sick-abed and the strong, robust man when bilious or constipated.

TO GET ITS BENEFICIAL EFFECTS, ALWAYS BUY THE GENUINE,

MANUFACTURED BY THE CALIFORNIA FIG SYRUP CO.

FOR SALE BY ALL LEADING DRUGGISTS.

ONE SIZE ONLY, REGULAR PRICE 50cts PER BOTTLE.

Cures Biliousness, Sick Headache, Sour Stomach, Torpid Liver and Chronic Constipation. Pleasant to take

ORINO Laxative Fruit Syrup

Cleanses the system thoroughly and clears sallow complexions of pimples and blotches. It is guaranteed

FOR SALE BY E. J. HILL DRUG COMPANY, SALT LAKE CITY.

Awful Condition

"I Am Fully Cured"

writes Mrs. Gertie McNeil, of Astoria, Ill., "since taking Cardui for my female troubles. Tongue cannot express what Cardui has done for me. I was in awful condition. One doctor said I had old-fashioned consumption; the second and third said I had stomach trouble. They did all they could, but with poor results, and I thought that all there was for me to do, was to wait for the icy hand of death; but I read your advertisement about Cardui and I am so glad I did, for now I feel better than in three years.

"Before I took Cardui I suffered with such cramps, that I thought, every month, I would die, but from the first dose of Cardui I felt it was going to help me. Now my female troubles are all gone, and I have no more periodical pains."

You are urged to take Cardui, for your own good, because it will help you. Its ingredients are harmless. Its action is gentle. It has been found to restore women's strength and relieve women's suffering. It will help you, for the same reason, and in the same way, that it has helped others.

All druggists sell Cardui. Try it.

Take CARDUI

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