

A "Helping Hand" Extended to the Middle Aged Woman

There comes a time in every woman's life when her organism undergoes an important change. This is a critical period. It is a time when a woman needs her full health and strength. For your own sake you should anticipate this turning point.

Dr. Pierce's Favorite Prescription

has been recommended for over forty years as a tonic for women who are about to experience "the change of life." It is helpful in the regulation of the action of the bowels. Nervousness and low spirits disappear. Happiness and contentment take their place.

Sold in tablet or liquid form by Medicine Dealers—or send 50 cents for sample box

THE SUNDAY SCHOOL LESSON

INTERNATIONAL LESSON, FEBRUARY 15.

Lesson VII. Christ's Hatred of Shams—Luke 11, 37-54. Golden Text, Gal. 6, 7.

The Invitation from a Pharisee. Jesus lived as a man among men. He shared his life, his friendship, his conversation, with all whom he came in contact.

Our London Letter

Says One Briton Equals Five Germans. It takes ten Germans to do the work of one Englishman, said Professor H. Armstrong in a speech at the public school science master's conference at Kensington recently.

INSANE THROUGH DISTRESS.

Used All Her Money to Get Home to France—On Wrong Train.

A despatch from North Bay says: Octavia Fournier, a Frenchwoman about 30 years of age, was taken from an express train at North Bay on Thursday on account of her condition, which indicated insanity.

YOUR CHILD IS CROSS, FEVERISH, CONSTIPATED

Look Mother! If tongue is coated, cleanse little bowels with California Syrup of Figs.

A ROMANTIC STORY.

An Army Airman's Attachment to a Young Girl.

ORGANIZED DYNAMITE BANDS

Charge Made by South African Minister General Smuts.

WAR ON LIQUOR EVILS.

Russia Adopts Bill Regulating Sale of Spirits.

When through old age the bodily functions become sluggish, Na-Dru-Co Laxatives give gentle, timely and effective aid, without discomfort or distress.

25c a box at your Druggist's.

QUEER LEGACIES.

Many Cases in Which Odd Things Have Been Bequeathed.

When they opened the will of Miss Mathilda Tommett in Milwaukee the other day, they found that she had left a pair of old shoes to a woman relative with whom she had been on friendly terms for many years.

10 CENT "CASCARETS" FOR LIVER AND BOWELS

Cure Sick Headache, Constipation, Biliousness, Sour Stomach, Bad Breath—Candy Cathartic.

No odds how bad your liver, stomach or bowels; how much your head aches, how miserable you are from constipation, indigestion, biliousness and sluggish bowels—you always get relief with Cascarets.

THE WEST PASSED OVER.

No Mention Made of It in Lord Strathcona's Will.

A despatch from Winnipeg says: Speaking editorially on Wednesday morning of Lord Strathcona's will, the Winnipeg Telegram says in part: "It will not escape notice that the Canadian West, which laid the foundation of Strathcona's fortunes and opened the way to the public career which made his name famous, is quite passed over."

ANTARCTIC EXPEDITION.

Members of the Staff Have Had Experience at the South Pole.

A despatch from London says: Lieutenant Shackleton has issued the names of the seven members of his staff who will go to the Antarctic. All except one have had experience in the region of the South Pole.

AUSTRALIA'S NEW GOVERNOR

Has Been Appointed to Succeed Baron Denham.

A despatch from London says: Right Hon. Ronald Crawford Munro Ferguson has been appointed Governor-General of Australia, to succeed Baron Denham, who has held that post since 1911.

TAKES OFF DANDRUFF. HAIR STOPS FALLING

Save your Hair! Get a 25 cent bottle of Dandruff Right now—Also stops itching scalp.

This, brittle, colorless and scraggy hair is a mute evidence of a neglected scalp; of dandruff—that awful scourge to the hair; of itching, so destructive to the hair; of loss and thinning of the hair; its lustre, its strength and its very life, eventually producing a feverishness and itching of the scalp, which is not remedied causes the hair roots to shrink, loosen and die—then the hair falls out fast.

Get a 25 cent bottle of Knowlton's Dandruff from any drug store. You surely can have beautiful hair and lots of it if you will just try a little Dandruff. Save your hair! Try it!

The official count of the votes in the Canada temperance act in Peel shows a majority of 57 for the act. The "anti" will appeal for a recount.

49. Said the wisdom of God.

SUFFERED AGONY WITH NEURALGIA

Nothing Helped Her Until She Found "Fruit-a-tives"

CANTON, WISCONSIN, May 5th, 1913.

"I cannot speak too highly of 'Fruit-a-tives.' For over thirty years, I have suffered from Chronic Neuralgia and Constipation, experiencing excruciating pain. The Neuralgia settled in my leg and I took a bottle after bottle of medicine without relief. The doctor told me I would not get better but was wrong, by giving me quick relief and finally and completely curing me."

"I would not for 'Fruit-a-tives' and I am glad of the opportunity of giving my letter about such a splendid remedy for 'Fruit-a-tives' for the guidance of other women who may be similarly affected."

Mrs. NATHAN DUNN.

"Fruit-a-tives" is the only medicine made from fruit juices and is particularly suited to women because of its mild and pleasant taste.

"Fruit-a-tives" is sold by all dealers at 50c a box, 5 for \$2.50, trial size, 25c, or may be obtained from Fruit-a-tives Limited, Ottawa.

Synopsis of Canadian North-West Land Regulations

Any person who is the sole head of a family and who has been in Canada for at least one year before the date of application for a homestead may apply for a homestead of 160 acres or less in any of the provinces or territories of Canada.

A homestead may be made in any of the provinces or territories of Canada, except in the Yukon, Northwest Territories, and the Yukon Territory.

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