Occurrences in the Lund That Reigns Supreme in the Commercia! World.

Lieut.Col. R. Chester Masters, D.S.O., Chief Constable of Glowester. hire, has been killed in action.

Three-nephews of Sir George. ave, the Home Secretary, have on the Military Cross. "Summer time" came to an end in

ingland on September 17th, when all he clecks were put back or stopped r an hour. Field Marshal Lord French and sieut.-General Smuts were guests of

me King and Queen at Windsor, durg a week-end recently, A discharged soldier was fined 10 at a northern Police Court for aking two matches into a high ex-

losives factory. Leon Bull, a Shoreditch furrier, was hed £20 for offering a policeman 5 not to report him as an absentee. Lord Bute and Lord Wharton have isposed of a large portion of their codland estates in Glamorganshire, Private David Westacott, Gloucesershire Regiment, and a noted footall forward, has been killed in ac-

Among the applicants for the po-ition of organist at Burson-on-Trent wrish Church were five blind musi-Lady Jellicoe recently opened a

ete at the Gordon Gardens, Gravesnd, on behalf of the Royal Merchant Seamon's Hospital.
Lewis Missenbaum, an east end oaker, was fined £50 at the Thames

olice Court for selling bread less than twelve hours old. The Board of [frade has awarded jeces of plate to two Spanish masers of vessels who rescued a ship-

recked British crew. By a recent order the Ministry of funitions has taken possession of Il lead in the United Kingdom, exept in special cases. Hop growers, are required to make

return for the purpose of the scheme under which the Government ntend to purchase the whole of the vear's crop.
An allotment holder at Sheffield pulled one root of potatoes

hich contained two hundred and orty-six smaller potatoes. Sidney Collyer, of Ewhurst, Susex, has been appointed manager of he Kelham estate, Newark, by the British Sugar Beet Growers. Albert Hunt was sentenced to six

nonths' imprisonment at a London police court for unlawfully wearing a ischarged soldier's badge. The first prize at an angling match. which there were 125 competitors, vas won by George Beals, a blind

incoln news agent.
"Comrades of the War" is a nonolitical organization which has been ormed for the promotion of the welare of discharged soldiers and sail-

Field Marshal Lord French recentpresented a number of military wards on Southsea Common.

CHURCH SERVICES IN HUTS. anndian Chaplain Tells of Earnest

Bevotion and Keen Interest. "I have had an extremely interestg time since coming to France, and yet my experience as a chaplain have been very different from what I ex-pected," writes the chaplain of a Canadian labor battalien. "For one hing I thought that the religious work among the men would be easy and regular. I found it both difficult and irregular. Unlike an infantry pattalion, our unit gets no rest days except for a certain period every month or so in some comparatively quiet billet back of the line. We work

avery day and often at night, too, and f we get one Surday a month we do woll. This, of course, is accounted for by the urgent need for ruilways wherever extensive army movements are being carried out. I have no hesitation in saving that our work ranks in the scale of military importance as second to no other branch of the service. Thus you will see that the chapain has to do what he can for the men in the few spare hours that fall to their lot. All winter I held church services on Sunday nights at 7 o'clock in one of the large living huts, and often these research of a nicoften these meetings were of a pic-

"Imagine, if you can, a long, low hut, with wire beds town each side, heads to the wall, and feet to the centre; a big wood-burning brazier smudging furiously in the aisle, atmosphere of smoke and gloom, interspersed by the glimmer of a few candles and interns. A crowd of men are gathered around the chaplein and the stove, ed around the chaplain and the stove, sitting upon many kinds of improvised seats, sticks of wood, boards, beds.

Overhead there are line after line of

shirts and socks drying, a khaki fresco work of criss cross. If you can picture such a scene, you have the stage setting for one of our evening services. And yet possible you would be surprised at the heartiges at our singing and the earnestness of the devotion that springs up pontaneously in these strange surrounding, where in these strange surroundings, where the simple address is intend to with an interest not often shown in better

GERMAN BID FOR BRITISH TRADE

HOW GERMANY WARRED ON ENGLAND BEFORE THE WAR.

Flooded London, Learned Business Secrets and Reported To Hun Companies.

The story of German penetration o British trade is one of the romances of business and is only another example of the wonderful foresight and capacity for organization of the German people. For years past the city of London has been flooded with German clerks. Many of them were what is known as "volunteers," which is to say that they worked for nothing.

Well-cilicated young men from the German commercial schools came over to London and offered their services free of all charge in return for a chance to learn the business, and the easy-going diffitish merchants were willing enough to have them on these terms. Particular attention was paid by these volunteers to the colonial and typort trade, and the shipping bouses were full of them.

It has now been realized that most of these young men were nothing for food control. more or less than commercial spies. In many cases, indeed, they made regular reports to German firms of the peaceful penetration. . .

German Clerks' Union. Evidence has been discovered now trolled, and financed by the German at a supremely high pitch.

askel for gilt-edged security and if he could not supply it would be politely shown the door.

Lest this should seem to be an exaggration I will relate an instance which actually happened about three years ago to London. A large whole-years ago to London. A large whole-year ago to London. A large whole-sale dealer in merchandise which is produced both in Germany and Engrand amanufacturer's agent, had been manufacturer's agent, had been manufacturer's agent, had been an accustomed for years to secure an accustom

, Bank Accommodation.

German bank for his English business munity."

The ingenious scheme by which troller, "but diminishing harvests and English banks were induced to finance lessening herds." German competition with England was worked as follows: British business men were induced by the offer of long credit to buy German goods, even at prices a little higher than those asked for competitive British goods The British goods, however, were only sold either for cash or on short credit. As soon as the British importers' bills were received by the German manufacther they were taken to the German' ank, which discounted them and sent them to its: branch in London.

Information For Competitors. That branch then discounted them with the British joint stock banks, which would take them with the backing of the German bank, but which echnoi to touch the same bills when offere liv a British manufacturer. It s estimated that when the war broke ou; \$250,000,000 of such Anglo-German tills were held in London alone, and scrious hardship was caused in some cases by the efforts of the panicstricken British banks to collect from the British drawers.

The German banks in London also discounted bills direct for British manufacturers and traders, and it is alleged that by doing so they obtained caluable information for the Britons German competitors. They learned from these bills all the secrets of their British customers, their markets, their sources of supply and so on, and it is alleged that this information was sent to Berlin and distributed among German manufacturers and traders.

Boys and Books. They will mix alleright if the boys are kept mentally alert and physically active with nous ishing, easily digested foods. Shredded Wheat Biscuit is the ideal food for youngsters to study on or to play on because it contains the life of the whole wheat grain in a digestible form. The kiddies like it with milk or cream, with sliced bananas or other fruits.



PLANS FOR FOOD CONTROL.

Great Britain's Food Controller Issues An Appeal to the People of Canada.

keynotes of the nation's attitude. Men, ter of an hour. Evidence has been discovered now women and children are proud to do that most of the "volunteers" were their part in saving food and in in-

Government. It is certain that it was Baron Rhondda, through the Food assisted by the great German indus- Administration of the United States a brilliant success, though the north- Williams' Pink Pills new health and rial trusts.

and the Food Controller for Canada, and tricky over the mountains.

The most insidious and most dan- has called upon both these countries.

"The most insidious and followed the most dangenous feature of this peaceful inva- to rise to the occasion. That call generally to that of the railways over once of the splendid home treatment sion was that conducted by the banks, must meet prompt and full response. the Deutsche Bank, the Dresdner Should Canadians fail to emulate Bank and the Disconto Gesellschaft. Great Britain, then all the sacrifice, bottle under the airman's coat and those who rejoice in regained health. Rank and the Disconto Gesenschatt. Great Britain, then an the sacrate, bottle under the airman's coat and those who rejoice in regament health was that of commercial spying.

In Germany, for instance, a manu
The seminary coat and those who rejoice in regament health.

These pills are sold by all dealers baby's bottle.

These pills are sold by all dealers baby's bottle.

These pills are sold by mail at medicine, or may be had by mail at medicine, or may be had by mail at a standard the pills are sold by a standa

trader can pledge his customers' lia- effect he says:

Mities to him in the same way and so Price-fixing must be international,

certain periodsevery year to pay his to exist they are to be attributed to don, Canada and the United States to war conditions. knew that it would be useless, but on fair," Lord Rhondda asserts, "an unthis occasion he really needed some necessary burden is placed upon the

fastest time by steamer and train has

considered the strictly regulated. "Unless prices are
seven hours a journey on which the
schools. The observance of a continextra money and he determined to backs of the allied governments, and hitherto been more than three times ent Canadian wide "Come-to-Sundayand was refused. He got it from the benefit of a small section of the com- and we doubt not that it will greatly

business as possible to that German "The world-peril is not the sub- present to us its importance in those marine," says the British Food Con- of war."

> Grape Nuts A Company made of Prince. FOOD Boys & Girls THRIVE on the easily digested wheat and

barley food Grape-Nuts

"There's a Reason"

TURIN TO LONDON IN SEVEN DAYS wheat.

-MILES WITHOUT A STOP.

This Achievement Brings Nearer the Fulfilment of Predictions Coning Future of Aircraft.

"Shortly before tea-time on Monday, principles of thrift. morning papers from Italy were safely landed at Hounslow," says the NEW HEALTH FOR WOMEN

ment explaining Great Britain's plans twenty-two minutes and a half.

Food regulations in Great Britain capital of Savoy at 8.28, Italian time, and other well recognized disturbing the Atlantic. Neverthethis side of the Atlantic. Neverthethe distance in a bee-line is about 560 ances of the health which signalizes
The width of the back is 10 in., told recently by Mr. J. H. Thomas this side of the Atlantic. Neverthe-bisiness done by their employers, and in others they returned to Germany is soon as they had mastered their employer's business and assisted in employer's business and assisted in getting it away from him, with the getting it away from him, with the computation. This crisply described in putting the nation on getting it away from him, with the computation. This crisply described in a bee-line is about bethe that the blood requires attention. The distance in a bee-line is about bethe that the blood requires attention. Women urgently need rich, red blood others, all their lives, but never more so than specific in away from him, with the computation in putting the nation on miles an hour. The Alps were crossed also weak and overwrought. Now every woman can prove the aid of the German banks, which were compulsory ration." This crisply deat an approximate height of 11,000 Now every woman can prove the fines the spirit of Great Britain. Self-feet above sea level, and the Channel, renaming and building up the spirit of the German banks, which were crossed.

Now every woman can prove the feet above sea level, and the Channel, renaming and building up the best of the German banks, which were crossed. restraint and self-sacrifice are the passage occupied no more than a quar- renewing and building woman can

a great part of the journey, and re- which Dr. Williams' Pink Pills so freshments were carried in a thermos easily afford, and you will be among

worth of goods can take it to his bank. The whole of Baron Rhondda's and raise a loan for wages and raw message is significant. That he demandered on the order as security. A pends upon Canadians is evident. In trader can pludge his customers' lia- effect he says:

Delice to him in the same way and so. obtain capital to carry on and expand. intercontinental. This means a reall-and 8.40 p.m., or with the French A British manufacturer who ap- justment of international and inter- Lieutenart Marchal's flight of 800 travelled 920 miles between 10.7 a.m. Ontario Leads All Canada in Sunday.

war conditions.

the West The public listen to these Convention next June.

A campaign for the

stimulate in this-country the study of as well as for his German trade with—
out a question and needless to say he help that Bayon Rhondda's plans can afterwards transferred as much of his be brought to fruition.

Stindard in this country the study or flight as applied to the arts of Beace. The air raid on London, which followed not many hours later, keeps light.

Resure to give the shildren but to give the shill but to give the shill be but to give the sh

HOW WE WASTE FOOD.

Might Be Profitably Stopped.

be more readily understood. might be estimated to be a conserva- making other jelly. ive waste in our homes.

pounds or 4,866,672 bushels.

crusts of bread can always be turned spoil the appetite for dinner. to good account in soups, with stewed tomatoes and in many other ways. One slice of bread a day (1 ounce)

or one third of a slice every meal is fore the last of May. not an unusual waste for the homes of Canada, this amounts to 100,000 dom has generally sacrificed wisdom, daily into the face, neck, arms and pounds a day, or 36,500,000 pounds too.

per year. To this loss add the man power wasted producing this food, and the land necessary to yield the

One-sixth of an ounce of butter per meal would mean 18,250,000 pounds to produce this wasted butter fat.

King of Italy to King George. The at any time a demonstration of ignor- Co., Brockville, Ont. journey occupied seven hours 22 min- ance, lack of appreciation of value of foods and lack of a knowledge of the

"This very remarkable feat was achieved by Captain Giulio Laureati, accompanied by Private Michael Angelo Tonzo. Our, Allies may well be fifty. Many of the sex enter this conditions conditions."

A Bible 5 ft. 2 in. high and 3 ft. 6 in. across has been "built" at the Oxford University warehouse in Amen fifty. Many of the sex enter this Court, London. In the binding of this period under depressing conditions.

make by taking Dr. Williams' Pink Pills. for these pills make rich, red trait most of the volunteers were their part in saving food and in infinanced by the German Clerks' Union, creasing production. In both directions the national effort is sustained those built by the Societa Italiana appetite, strengthens the nerves and trolled, and financed by the German at a supremely high nited.

Aeroplan are called, and the engine a restores full robust health. Thou-'Fiat.' The journey was in everything sands of women have found in Dr. west wind was contrary, and rough strength and with these a new happiness and interest in life.

facturer who has an order for \$5,000 fective the efforts of the Old Country. national peace flight yet accomplish- by writing the Dr. Williams' Medicine

THE BANNER PROVINCE.

School Work. proached his bank for a loan would be continental trade, relations. Each miles across Germany in July, asked for gilt-edged security and if he country must of necessity regard the "The point of real interest in this International Convention in Chicago, the standard of the Sunday School en-The last report received from all the

lie was a man of substance and all be hank that he was overdrawing so many thousand dollars on such a date. He had never applied to his English bank for similar accommodation because he knew that it would be useless but on the standardizing they may be to fulfilment. The Italians, who have long been conducting a postal air service to Sicily, gave us a object-lesson in the postal possibilities of flight. Captain Laureati for North America, and will be presented with plans for bringing the strictly regulated. "Unless prices are to be knew that it would be useless but or seven hours a journey or which the same to the attention of the individual."

A campaign for the standardizing they may be to fulfilment. The Italians, who have long been conducting are known as "The International purchase of necessary foodstuffs are to be justified. Chatham and Peterborough. A Standard School" has been arranged bilities of flight. Captain Laureati and his companion did in a little over sented with plans for bringing the same to the attention of the individual LINIMENT. A campaign for the standardizing

try. He applied to the bank with consumers, American and Canadian which he had been dealing for a taxpayers, and reactively on every quarter of a century for an overdraft food consumer in America for the sole to a French scientist, because the oil that produce the perfume are forced

> Be sure to give the children a brisk rubbing down after their baths. It will send the blood leaping through the veins to carry life to every part.

There is nothing quite so good as Instances Where Small Leakages spiced apple jelly. To make, pare, core and wash the apples, cook until soft and strain. Put into a muslin bag, comprehensible at first sight, but if bring slowly to boiling point. Tastewe begin to analyse the waste it can this frequently, and when the desired spicy flavor has been obtained remove Let us cite a few examples of what the bag, add, sugar and proceed as in

We require no better demonstration There is a waste in the nutritive of the unwarranted waste of food on value of potatoes of probably 20 per this Continent, especially fats, than cent as a result of peeling them before cooking as well as the loss from lionaires through the remains of garpeeling. The peelings of potatoes bages in some of the large cities. (not new potatoes) used by an average of two iresh lemons (not new potatoes) used by an average of the family of five, weigh over half a the garbage tin that can be used for ounces of orchard white makes a pound per day. This-means one hun-human food. Smaller helpings would whole dred and eighty-two and a half pounds do away with a great deal of waste.

per family per year, and for the peo. How often we hear women who do about the cost one must pay for a ple of Canada means 29,200,000 their own cooking say that by the time small jar of the ordinary cold creams. they have prepared a meal and it is Care should be taken to strain the Potatoes should not be peeled. They ready for the table, they are too tired lemon juice through a fine cloth so no should be thoroughly cleaned and to eat. One way to mitigate this is lemon pulp gets in, then this lotion snould ne thoroughly cleaned and to take, about half an hour before din-cooked with their jackets on, and are even better consumed that way.

The waste of bread is one of the most inexcusable wastages in any and drink it. This will relieve the as freckles, sallowness and tan and is home, in as much as small pieces of faint, tired-out feeling, and will not the ideal skin softener, whitener and

use in orchards. Plough it under be- two lemons from the grocer and make

The fall is the most severe season And he died thanking God that he SIX HUNDRED AND FIFTY-SIX ada. This means tons of milk, herds warm, the next is wet and cold and Of the leaf and the year. of cows, and a large number of men unless the mother is on her guard the little ones are seized with colds that Where the hillside is sheer These are only a few instances of may hang on all winter. Baby's Own Let it echo our tread the possibilities of conservation and Tablets | are mothers' best friend in Whom he led. the responsibility resting on the indi- preventing or banishing colds. They Let us follow as gladly as ever vidual home and on the individual, act as a gentle laxative, keeping the We followed who never knew feat We have been so accustomed to bowels and stomach free and sweet. being surrounded by plenty of the An occasional dose will prevent colds Ere he died they had fled, "Captain Laureati, of the Italian necessaries of life that we are or if it does come on suddenly the Yet they heard his last cheer Air Service, flew on Monday from afraid to be seen guarding the prompt use of the Tablets will quickly Ring clear-Turin to London, covering a distance little wastages of food lest we cure it. The Tablets are sold by medi. When we lifted him up he of 650 miles without a stop. He car-might be considered small, mean, cine dealers or by mail at 25 cents a Would fain have pursued, but ried an autograph letter from the mercenary. On the contrary, waste is box from The Dr. Williams' Medicine

WORLD'S LARGEST BIBLE.

Measures 7 ft. 10 in. Across When Opened-To Be Used in "Crusade."

6 in. adross has been "built" at the "O Lord God, by the red proud of their gallant and skilful air- period under depressing conditions great work it was found necessary to men. From the account of the jour- through overwork or worry about the crect a wooden staging, from the cross And strengthen our swords till ney which we give elsewhere it will home, or through a condition in which beam of which depended an iron chain be seen that the actual time from the condition in which beam of which depended an iron chain be seen that the actual time from the condition in which beam of which depended an iron chain be seen that the actual time from the condition in which beam of which depended an iron chain. An Appeal to the People of Canada. be seen that the actual time from the blook was changed and puncy older, The travellers started from the old feverish flushes, palpitation of the mechanical arrangement the services

that the blood requires attention, so when the book is opened it measures 7 ft. 10 in. across. The binding of Railway Servants. -which is not quite complete—is of it appears that a newly-arrived of red levant morocco, which absorbed batch of German prisoners was being a dozen large goat skins. The front taken by train from a certain English countigs of England and Scotland in blue norocco leather, decorated with dignation, found himself in a thirdgold, and surrounding the Royal class carriage with a Tommy as escart. the back of the book the Welsh counties are depicted in manner similar to those on the front. The giant Bible is to be used "Bible crusade" in London.

> But sweeter than the breath of balm Upon the summer breeze, And sweeter than the songs of birds Among the leafy trees;

Yea, better than the tuneful bass.

Of bullfrogs in the pool. Or happy laugh of barefoot kids As they go home from school,— Will be the joy which swells my breast

When I go out to look And find potatoes on my vines Quite big enough to cook

MIRINE Granulated Evelids. Sore-Eyes, Eyes Inflamed by Sun, Bust and Wind quickly relieved by Pidrine. Try it in Your Eyes and in Baby's Eyes.

Yours truly,

VILANDIE FRERES.

Experience has shown that fertilizers cannot profitably be used as substitutes for manure, for the growing of clover, or for good soil management, but that their role is rather supplemental to all these rational means for the upkeep of soil fertility.

Minard's Liniment Cures Dandruff.

Mother-Joan, dear, have you been It is estimated that food to the ten sticks of cinnamon bark, eight doing anything to the ink? Joan—value of about \$50,000,000 is wasted cloves and six allspice. Drop the Yes, mummy; I put some water to it annually in Canada. This seems in- into two quarts of the apple-juice, and to make it write weak. I've been writing a letter to daddy—and wanted to whisper something to him! of the dairy districts of Canada.

GIRLS ! LEMON JUICE ... IS SKIN WHITENER

How to make a creamy beauty lotion for a few cents The fluice of two fresh lemons

quarter pint of the most remarkable lemon skin beautifier at heautifler.

Just try it! Get three ounces of Rve is one of the best cover crops to orchard white at any drug store and up a quarter pint of this sweetly frahands.

BETWEEN THE BATTLES.

FROM AUTUMN COLDS Let us bury him here where the maples are red.

dizzy instead.

Break his sword and his spear! Let this last prayer be said By: the bed . * We have made underneath the

wind in the maple trees mouning

-Francis Sherman

to manipulate the volume.

The width of the back is 10 in., to descently by Mr. J. H. Thomas, the agricultural training.

contains the arms of the part to a place of detention in alad, when a Hun officer, much to him in-In a very injured tone he asked: Why have I, an officer, to travel

hird-class?' "Because," was Tommy's reply. we got to guard you, and they dien't think a British soldier ought to be put in a cattle-truck! See?"

The man who is afraid of burning in his wick need not hope to brighton the world." MONEY ORDERS

Buy your out of town supplies.

annum.

Dominion Express Money Origins Five dollars costs three cents. During recent years the export of Canadian apples to the British Isles have totaled about 1,500,000 barvels

lainard's Liniment for sale everywhire Do not sell breeding animals unless they can be replaced immediately with better stock. They mptation of high prices or undue fear of high prices of feed mislead the owner into the encor of selling at this time.

YES! LIFT A CORN OFF WITHOUT PAIN

Cincinnati man tells how to dry up a corn or callus so it lifts

You corn-pestered men and women need suffer no longer. Wear the thoes that nearly killed you before, says this Gents, A customer of durs cured a Cincinnati authority, because a lew very bad case of distemper in a valu- drops of freezone applied directly on a tender, aching corn of callus, thous Stops itching instantly, clears away. oreness at once and soon the corn or hardened callus loosens so it can be lifted off, root and all, without pain. A small bottle of freezone costs very little at any drug store, but will posttively take off every hard or soft corn or callus. This should be tried, a it s inexpensive and is said not to feri-

> ate the surrounding skin. your druggist hasn't any freezone tell him to get a small bottle for you from his wholesale drug house. It is fine stuff and acis like a charm every

The Soul of a Piano is the Action. Insist on the OTTO HIGEL PIANO ACTION

No Need to Rub Try Sloan's Liniment and see how quickly the swelling is reduced and the pain disappears. No need to rub: it penetrates quickly and bringskelief. Have bottle handy for



Linimen



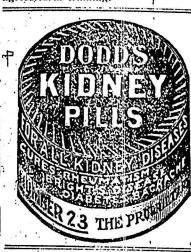
Casev's Care.

Mrs, Casey-Me sister writes me that every bottle in that box we sent her was broken. Are ye sure yez printed, "This side up with care!" on

Casey-Oi am, An' for fear they shouldn't see it on the top Oi printed it on the bottom as well.

Minard's Liniment Relieves Nouralgia Veterons at B.C. University,

The provincial government of British Columbia has granted a 21 year lease of the 200 acres of government land adjoining the present holding of the University of British Columbia at Point Grey for scientific farming land. and in connection returned soldiers under the direction of the Military Jospitals Commission will be given



NEWSPAPERS TOR SALE PROFIT-MAKING NEWS AND JOB

MISCELLANTIOUS

WAXTED -- BLACKSMITH TO sharpen tools: also Granto Polisher, Write George M., Paul, CANCER, TUMORS, LUMES, ETC., internal and external cured without pain by our home treatment. Write us before too late. Dr. Rellman Medical Co. Limited, Collingwood, Ont.

IT'S VERY EASY TO GET RID OF SKIN TROUBLES With CUTICURA



Cuticura Soap. dry and apply the ()intment

pimples, redness and roughness, removes dandruff and scalp irritation. heals red rough and sore hands as well as most baby humors. You need not buy them until you try them. Sample Each Free by Mail With 32-p. Skin Book. Soap to clear so and Qintment to heal.). For samples addr ass post-card: "Cuffcura, Dept. N. Bost a. 7U.S.A." Sold throughout the world.

CRISIS OF WOMAN'S LIFE

Change Safely Passed by Taking Lydia E. Pinkham's Vegetable Compound.



operations, but all the doctors and opoperations, but all the doctors and operations did me no good, and I would have been in my grive today had it not been for Lydia E. Pinkham's Vegethlle Compound which brought me out of it all right, so I am now well and do all my housework.

I am now well and do all my housework, besides working in my garden. Several of my neighbors have got well by taking Lydia E. Pinkham's Vegetable Compound."—Mrs. VIOLA FINICAL, Wagon-

er, Okla.
Such warning symptoms as sense of suffocation, hotflashes, headaches, backaches, dread of impending evil, timidity, sounds in the ears; palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite; weakness and dizziness should be heeded by middle aged women. Lydia E. Pink. by middle-aged women. Lydia E. Pink-ham's Vegetable Compound has carried

many women safely through the crisis. ISSUE No. 43-'17.