

NATURE AND A WOMAN'S WORK



LYDIA E. PINKHAM

Nature and a woman's work combined have produced the grandest remedy for woman's ills that the world has ever known.

In the good old-fashioned days of our grandmothers they relied upon the roots and herbs of the field to cure disease and mitigate suffering.

The Indians on our Western Plains to-day can produce roots and herbs for every ailment, and cure diseases that baffle the most skilled physicians who have spent years in the study of drugs.

From the roots and herbs of the field Lydia E. Pinkham more than thirty years ago gave to the women of the world a remedy for their peculiar ills, more potent and efficacious than any combination of drugs.

Lydia E. Pinkham's Vegetable Compound is now recognized as the standard remedy for woman's ills.

Mrs. J. M. Tweedale, 12 Napanee Street, Toronto, Canada, writes to Mrs. Pinkham:

"I was a great sufferer from female troubles, had those dreadful bearing down pains, and during my monthly periods I suffered so I had to go to bed. I doctored for a long time but the doctor's treatment failed to help me. My husband saw Lydia E. Pinkham's Vegetable Compound advertised and got a bottle for me. I commenced its use and soon felt better. I kept on taking it until I was well and an entirely different woman. I also found that Lydia E. Pinkham's Vegetable Compound made childbirth much easier for me. I would recommend your Vegetable Compound to every woman who is afflicted with female troubles."

What Lydia E. Pinkham's Vegetable Compound did for Mrs. Tweedale, it will do for other suffering women.

HOW MUCH DO YOU WEIGH?

Weigh yourself to-day, then begin taking

Brick's Tasteless Cod Liver Oil

Weigh yourself two weeks from to-day and see how much you have gained.

That's the way to test the qualities of any tonic, and if honestly, regularly taken BRICK'S TASTELESS will

SURELY ADD WEIGHT More than that it will put go and life into you; color in your cheeks, and red rich blood in your veins.

Just say BRICK'S TASTELESS to your druggist

Dye

With Maypole Soap... No mess, no trouble, no streaks. The tired woman's best friend—see Economical House Dye.

CATARRH

If you are suffering from Catarrh of Gold in the head send to the CUIROL SALVE CO., Spadina Ave., Toronto, for a free trial of CUIROL. It cures Catarrh and relieves a cold in the head, sore throat or a tight chest like magic. Rub CUIROL well into the parts affected and inhale the healing essence.

CUIROL SALVE

Legal forms, customs entry blanks, etc., for sale at Whig office, the cheapest and best place to buy printing.

PICTON'S FAST 'UNS

THE TEAM DOING WELL IN JUNIOR HOCKEY.

Two New Teachers For the Collegiate Institute—A Marriage of Interest—The Council to Meet on January 25th.

Picton, Jan. 15.—Picton is delighted with the showing the junior O.H.A. septette has made so far in the scheduled matches. Trenton has been beaten in Belleville, and the Belleville team has been beaten here. Trenton's "untamed warriors," as they have all along been dubbed, were really the most feared, and the showing the locals made against them leads to the belief that Picton will beat them next Tuesday night. Belleville is not greatly feared, despite the fact that the victory here was a close one. Picton's line-up is a strong one. Bedford is back again playing cover-point, this year, and it is doubtful if a better man is in his position in the O.H.A. work in the province. He is a veritable Gibraltar in defence work, and chain lightning in his spectacular up-the-ice rushes.

When Picton's new Collegiate Institute opens, on Monday, there will be two additions to the present staff of five. These new members are Miss Bertha Mallory, daughter of ex-Warden Mallory, of Bloomfield, as commercial specialist. Until Christmas Miss Mallory taught the commercial class in Stratford Collegiate. R. M. Winslow, B.S.A., will be on the staff for the new work in agriculture.

A marriage of interest to very many county folk took place, at noon, on Wednesday last, at the home of the bride's parents, Mr. and Mrs. Samuel Jarvis, Black Creek, when their daughter, Nellie C., was wedded to Arthur Aveya, Rossmore. They will make their home in Rossmore.

The council of 1909 took office, Monday, and adjourned until January 25th. Councillors Hopburn and Harrington, who, it was rumored, would not sit in the horsehoe, have not yet resigned from their elected positions.

The annual meeting of the Liberal Association was held, on Saturday, and election of officers resulted: President, J. Cole; first vice-president, A. M. Platt; second vice-president, Mr. Parmentier; of Ameliasburg; secretary, H. R. Barton; treasurer, C. B. Allison.

THE SPORT REVIEW.

Interesting News From the Various Sporting Fields.

Toronto beat Guelph by a score of fifteen to eight in the professional league hockey series.

McGill beat Dartmouth University at hockey at Hanover, N.H., by seven to two.

Harvard defeated Columbia at the St. Nicholas rink, New York, by seven to two.

Smallwood went lame in his race with Dorando at St. Louis and quit after going twelve miles, when Dorando was a couple of miles ahead of him.

Rochester Baseball Club will train this spring at Lexington, Ky., Buffalo at Columbia, S.C., and Newark at Macon, Ga.

Appleby, the English fifteen mile champion, is now said to be ready to jump the amateur ranks and gather in a few of the honest dollars that are going to the other distance men, and come to America. One by one the big men of the game are crossing over.

Capt. John Barr, who sailed the yacht "Thistle" when the Scottish challenge for the America cup was defeated by the Volunteer in 1887, died at his home in Marblehead, Mass., on Monday. He was sixty-three years of age, and a brother of Charles Barr, the skipper of the Columbia and Reliance of cup defence fame.

Toronto to Telegram: It will be interesting to watch the career of "Tom" Longboat now that he has passed into the hands of one Patrick Powers. Chances are the only "Pat" will discover that there are harder jobs than managing baseball leagues and six-day bicycle grids. As for "Tom" Flanagan he has accomplished wonders with the long-legged redskins. He picked up the only Thomas when the latter had nothing but his legs and his appetite. He left him with a wife and a reputation and a bank account. What more could even an Indian ask?

A new schedule for the Federal Hockey League season has been arranged as follows: Jan. 14th, Cornwall at Renfrew; Jan. 15th, Senators at Smith's Falls; Jan. 21st, Renfrew at Senators; Jan. 29th, Senators at Cornwall; Jan. 21st, Cornwall at Smith's Falls; Jan. 29th, Smith's Falls at Senators; Renfrew at Cornwall; Feb. 10th, Renfrew at Smith's Falls; Feb. 12th, Cornwall at Senators; Feb. 15th, Senators at Renfrew.

The Eastern Baseball League season will open on April 14th, and the schedule is for 154 games per club instead of 140.

A New York paper says: Shrubb was so fresh after running twelve miles, Saturday night, that he looked as if he could have gone the Marathon distance without extending himself. He ran the last lap like a 100-yard sprinter, and his great speed caused old-timers to open their eyes. Longboat watched the Englishman's performance with particular interest. He never had seen Shrubb at his best, before, and remarked after the race that he had no idea the Briton was "so good." The Indian, however, expressed perfect confidence in his ability to defeat Shrubb, explaining that he did not believe he could stick the twenty-six miles. It is believed that the Longboat-Shrubb race will be one of the heaviest betting events that has taken place in years.

Building Fine River Cottage. Alexandria Bay, Jan. 13.—One of the finest summer cottages being built for the coming season is being erected on Jarvis Point, directly opposite here to George C. Boldt, of New York. The house is fifty-one by eighty-eight feet, and three stories high. The veranda, which nearly surrounds the house, has an enclosed sleeping room on it. It is estimated that the building when finished, will cost from \$20,000 to \$30,000. Besides the house there will be a large dock and ice house built.

A FARMER'S TRIALS.

Weak and Worn Out Through Overwork and Long Hours.

The farmer's life is always a hard one, but if he is weak or suffering it is almost unbearable. The hours are long and the work so hard that he is but the strongest can stand it. An illustration of the effect of hard work on the system is given by George Huntsberg, a farmer of Spary, Ont. He says: "I have lived nearly all my life in the Bruce peninsula. I am a farmer and have always had my share of hard work and like a good many other men I thought there was no wearout to my system. In this I was mistaken for about a year and a half ago I began to go gradually down hill. I would tire at the least exertion; my appetite failed me; I had a severe pain in my side and around my heart. The doctor told me I was suffering from pernicious anemia; that I was almost bloodless. I doctored for six months, but instead of improving I grew so weak that I could hardly move without assistance. I lost flesh till I was almost a skeleton. A friend from Stokes Bay told me of the great benefit he had derived from the use of Dr. Williams' Pink Pills and advised me to try them. My sister-in-law had also received great benefit from their use, so I decided to give them a trial. After using the pills about a month I began to gain strength and from that time I improved rapidly. New blood seemed to course through my veins; my appetite improved; the pain left my side and heart and I gained in weight. After using about a dozen boxes of the pills I was again enjoying the best of health. I have nothing but praise for Dr. Williams' Pink Pills, as they cured me after medical treatment had failed—I really believe they saved my life."

Good blood is the secret of health. Keep the blood pure, and such diseases as anemia, rheumatism, sciatia, indigestion, heart palpitation, eczema and the secret ills of women will not exist. Dr. Williams' Pink Pills, blood tonic and nerve restorer in the world is Dr. Williams' Pink Pills. Sold by all medicine dealers or by mail at 50c, a box, or six boxes for \$2.50, from the Dr. Williams' Medicine Co., Brockville, Ont.

Loughboro Township Council.

Sydenham, Jan. 11.—The oath of office was subscribed to by Charles Truscott, reeve; Charles Rattan, W. A. Lemon, E. Sills and Sylvanus Deyo, councillors. Moved, Lemon-Rattan, that E. G. Rattan and Ross Guess be appointed auditors, which was lost. Moved, Sills-Deyo, that Thomas Maxwell and Ross Guess be appointed.—Carried. Applications for assessor were received from W. J. Caldwell, George Barker and Ross Guess. Moved, Deyo-Sills, that W. J. Caldwell be appointed, at \$50.—Carried. Moved, Rattan-Lemon, that George Guess be member of the board of health.—Carried. Sums voted: F. M. Lawson, election expenses, \$38; F. W. Barnett, for financial statement, \$2; E. Amey, culvert near his place, \$5; J. Offord, account, \$2.19; B. Pace, culvert on the Bedford road, \$5; James Burly, tax remitted, \$6.90; C. Rattan, three months' rent for Mrs. George Benly, \$4.50; Dr. Tovell, attendance on the family of Charles Young, \$15; James Alton, Loughboro's share for job near Warrington, on the Portland boundary, \$8; J. M. Stines, services and expenses in law suit, \$9.50. Adjourned to meet on Monday, March 1st.

Stop Indigestion Now.

Don't think you'll soon get over it. You may and may not. Make sure by using Day's Dyspepsia Cure. Dyspepsia is a slow and distressing form of suicide and it is unnecessary. This remedy directly aids digestion and keeps both stomach and bowels in order. Each bottle contains sixteen days' treatment. For sale only at Wade's drug store.

Loss in Telephones.

Winnipeg Free Press. If, as Mr. Rogers is proclaiming in Virden, there is a surplus of \$200,000 for the first year of government ownership and operation of telephones in Manitoba, surely then the Robin government ought to be able to pay the \$10,000 of annual taxes which the Bell Telephone company paid into the city treasury of Winnipeg, but which the city has been deprived of by the government. Not content with this, the government charges the city \$3,266.50 for forty-six telephones, though the Bell company, which paid the city \$10,000 a year in taxes, only charged the city \$2,610.25 for forty-four telephones.

STARTLING STATEMENT.

It's Statements Like That of H. Heyman, Kingston, Ont., That is Making Mi-o-na World Famous For Obstinate Stomach Complaints.

H. Heyman, 132 Colborne street, Kingston, Ont., says: "Mi-o-na is worth its weight in gold as a remedy to quickly cure long-standing cases of dyspepsia. For years I had suffered with my stomach and could find no cure nor even relief. I could not eat anything, as it would sour and form gas on my stomach, that had a pressure on the heart. Heavy pains would come around my sides and pit of my stomach. I was unable to sleep for this and there was nothing to relieve my miserable condition. I was weak and languid and would feel as tired in the morning as on going to bed and perspiration would break out all over my body. I would be so weak from vomiting that I would fall to my knees. My head would ache and spells of dizziness would leave me unable to see. Doctors had termed the trouble gastritis, but failed to benefit me. I tried Mi-o-na, on advice of a friend, which has cured me when all else failed. I am sound and well and feel grateful to Mi-o-na for my present health."

It's the known results obtained by Mi-o-na, that places it far and away above all other remedies and confirms G. W. Mahood in offering to refund the money if Mi-o-na fails to cure stomach trouble. 50 cents a box. Relief in twenty-four hours.

WATER MUST BE GOOD.

Relying on Snow is a Detrimental Policy.

A goodly supply of water in winter when so much dry feed is given contributes toward keeping the digestive system in good working condition. It also gives bulk and keeps animals satisfied, without furnishing too much nutriment. Some rely upon snow to supply water. This is bad policy. Sheep will not eat as much of this as they need, because it is not palatable; it also costs too much money to buy feed for the production of heat to melt snow. It is cheaper and more satisfactory to furnish water in sufficient quantity.

Care must be taken, however, to so place or protect it that they will not fall into it and drown. Sheep are naturally helpless animals, and when chilled and wet particularly, do little to save themselves. A sheep drowned in a large tank is not an uncommon occurrence. This may happen in a number of ways, one of the most common is that of a large number of sheep crowding up to the trough at one time, those behind pushing the



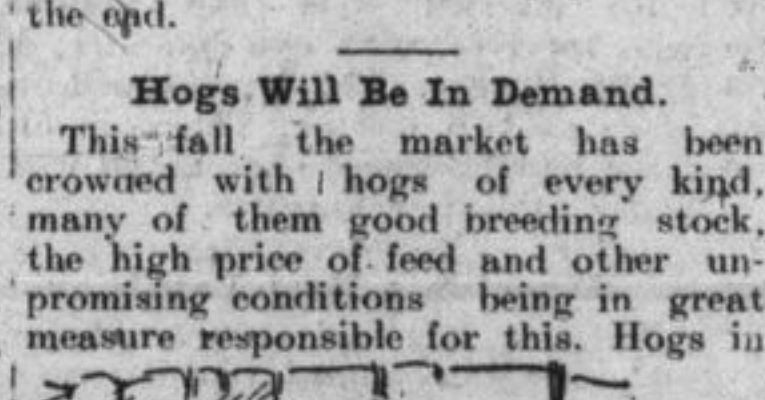
A SUFOLK SHEEP.

One ahead until he falls into the tank. One of the best ways to avoid this, if one will take pains to keep it constantly filled, is to have a comparatively small trough beside the big tank into which water may be dipped that sheep may drink. This leaves the big tank for the exclusive use of larger animals with which there is no danger of drowning. Another way is to nail slats either length or crosswise of the tank, leaving a space large enough so that they can drink, but cannot fall into the water, if pushed ahead by the jam.

Probably a better way is to build a fence around the tank or trough, through which sheep can get their heads, but cannot be pushed. Almost any one who sets his mind to it can devise some means of keeping his sheep out of the water. This he should do at once, before even one has been drowned, or so chilled from getting soaked that it will not thrive for some time. It is avoiding these small disasters that makes big profits in the end.

Hogs Will Be In Demand.

This fall the market has been crowded with hogs of every kind, many of them good breeding stock, the high price of feed and other unpromising conditions being in great measure responsible for this. Hogs in all probability will not lower in price materially, nor will farmers quit growing them. Those who saved only a few hogs will wish they had more pigs next spring. They will see that they can handle more pigs on their pasture lands and in their corn fields, and they will undoubtedly be willing to pay high prices to get them.



A TAMWORTH HOG.

The winter feeding is fairly started and stock get very little except what is fed to them. They go into the stalk field and pick a few hours every day. The main advantage, however, is that the fresh air and exercise give them an appetite. Perhaps the greater point to remember in feeding is that the larger part of the feed is required to maintain the animal, and that nutriment is used for this before anything is diverted to growth or to fill the milk pail. If it requires 10 lbs. of feed to keep a cow in flesh, 11 lbs. will make some milk and the 12th will make nearly twice as much. To get the greatest profit from a cow she must have as much to eat as she will digest and use to make milk. When she begins to put on flesh during the first six months after freshening, it is an evidence that she is an unprofitable cow or is being fed more than is required for the greatest profit.

Feeding young cattle is the same. They should have as much as they can eat without injuring their digestion. The ration for maintenance is lost; the profit must come from what is fed in excess of that. We had a good illustration of this some years ago.

In addition to feed, stock must have water. Ice water is better than none, but not as good as fresh pumped well water, temperature about fifty degrees. This is as good as warm, provided the cattle need not stand to drink in a cold, windy place. We have watered in the barn a good many years and find it very satisfactory.

Deafness As A Blessing.

Thomas A. Edison, the great inventor, who has lately been turning his attention to constructing an aeroplane, for many years has been afflicted with deafness, he has, however, not regarded this as a blessing. Some years ago he was told that an operation might cure him, and a friend of his expressed a hope that he would submit to having it done. "What?" exclaimed Edison, and give up the great advantage of having the rest of you fellows? Why, I need my deafness in my business, for you see, my business is thinking, and no matter what the rest of you are doing, or how much noise you are making, it doesn't bother me, and I am able to concentrate my mind fully on the subject in hand without interruption. Give up an advantage like that? Not much!"

Notice.

Legal forms, customs entry blanks, etc., for sale at Whig office, the cheapest and best place to buy printing.

Imperial Underwear is the kind for these cold days.

ABERNETHY'S. Our Clean Sweep Sale is Going Full Blast. See the Many Bargains We Are Offering. Any Man's \$5.00 Shoe in our store for \$3.98. One lot of Women's \$3.00 Shoes for... 1.98. One lot of Children's \$1.35 Shoes for 98c. MOCCASINS: Deerskin Moccasins, Men's...89c, Boys'...68c, Children's...39, 49 and 59c.

A Word of Warning on Dangerous Smoking TOBACCO. It is a popular delusion that the quality of a tobacco can be decided by its odour. As a matter of fact pure tobacco is odourless, except for the natural faint smell of the leaf. The strong-smelling perfumes and artificial flavourings, used in the manufacture of certain classes of Smoking Mixtures are poisonous and highly injurious to the heart and nerves. The High-Class ROUTLEY'S Smoking Mixture is absolutely unadulterated and entirely free from all scented matter. It has therefore been pronounced by Analysts and the Medical Profession a true Hygienic Smoking Mixture. 15c, 25c, 30c, 40c, 75c.

Cowan's Milk Chocolate Stick, Medallions, Croquettes, Cream Bars etc. are truly delicious. For sale by all dealers from Coast to Coast. THE COWAN CO. LIMITED, TORONTO.

Parker's Eradicator For Cleaning Kid Slippers, Babies' Booties, White Rubbers, Tan and Canvas Shoes, Kid Gloves. A Household Necessity. Reid & Charles. 288 Princess St. Phone 845.

Ripe Bananas, Tangerines, Florida Grape Fruit, Sweet Navel Oranges. A.J. REES, 166 Princess St. Phone 58.

FURNITURE SPECIAL. Everything reduced from 10 to 15%. This will be a splendid opportunity to save money. R. J. REID, 230 Princess St. Phone 577. PLUMBERS: Try our PURE LEAD in five pound blocks. The price is interesting. Canada Metal Co., Ltd. 31 William St., Toronto. We sell the best Coal in the market. Prices right. P. WALSH, Barrack Street.

