

onels, 3. Widows—Lieutenants, 435; captains, 183; majors, 129; lieutenant - colonels, 41; colonels, 1. Mothers—Lieutenants, 100; captains, 90; majors, 12; lieutenant - colonels, 1. Children—Lieutenants, 428; captains, 185; majors, 168; lieutenant - colonels, 47 IT THROUGH HAIR

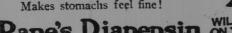
<section-header><section-header><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text> Pape's Diapepsin WILL PUT YOU ON YOUR FEET



Lord Beaverbrook (formerly Sir Max Aitken) as the official historian of the C. E. F., records as follows the story of the 4th C. M. R's dread baptism of fire at Zillebeke, when the bastalion was almost wiped out. If was after this that the remains of the unit were gathered together and fresh troops drafted in to effect a re-organization under Lieut.-Col. H. D. Lockhart Gordon, D. S. O. The battalion soon after, while practical-ly a geen unit, did great fighting at Courcelette in the pivotal point of the turning movement executed by the third Canadian Division.

Instant Relief-So Why Worry

The moment Pape's Diapepsin reaches the stomach, distress goes.



FOR

CONSTIPATION

have stood the test of time. Purely vegetable. Wonderfully quick to banish biliousness, headache, indigestion and to clear up a bad complexion.

PALE FACES enerally indicate a lack of Iron in the Blood Carter's Iron Pills

Brent Good

KON



Women of today seem to listen to every call of duty except the supreme one that tells them to guard their health. Home duties, church duties, war activities, and the hundred-and-one calls for charitable enterprises soon lead women to overdo. Nervousness, headaches, backaches and female troubles are the inevitable rest

Philadelphia, Pa.—"I was very weak, al-ways tired, my back ached, and I felt sickly most of the time. I went to a doctor and he said I had nervous indigestion, which, added to my weak condition, kept me worrying most of the time—and he said if I could not stop that, I could not get well. I heard so much about Lydia E. Pinkham's Vegetable Com-pound my husband wanted me to try it. I took it for a week and felt a little better. I kept it up for three months, and I feel fine and can eat anything now without distress or nervousness. Health and happiness? Yes, I have both now."—Mrs. J. Wostminns, 2842 North Taylor Street, Philadelphia, Pa.

The majority of women nowadays overdo, there are so many demands upon their time and strength; the result is invariably a weakened, run-down nervous condition with headaches, back-ache, irritability and depression—and soon more serious ailments develop. Avoid them by taking in time

Lydia E. Pinkham's **Vegetable Compound**

- Dipt