## **NERVOUS TROUBLE**

Lydia E. Pinkham's Vegetable Compound Helped Her.



e Compound when my ten year old ughter came and it helped me a lot. ave also had my oldest girl take it it did her lots of good. I keep it in house all the time and recommend.—Mrs. DEWITT SINCEBAUGH, West leeplessneer.

Danby, N. Y.

Sleeplessness, nervousness, irritability, backache, headaches, dragging sensations, all point to female derangements which may be overcome by Lydia E. Pinkham's Vegetable Compound.

This famous remedy, the medicinal ingredients of which are derived from native roots and herbs, has for forty years proved to be a most valuable tonic and invigorator of the female organism. Women everywhere bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegetable Compound.

Stationary hospitals accommodating 150 returned soldiers are also likely to be established at the maritime training sta-

Ottawa, Feb. 23—The month-ly payments of assigned pay or separation allowances to rela-tives or dependents of the men under arms now aggregate over \$2,000,000. Over ninety thous-and cheques are made out each month by the branch dealing with this part of the work.

THE RESTFUL MURRAY GOVERNMENT.

Over two weeks have elapsed since the opening of the Legislature, and no government business has been brought down, and none appears yet in sight. It seems as if the members of the Murray-Daniels Government had come to the conclusion that the toils and perplexities of their political life are over and that they had resolved to make their passing as serene and untroubled as possible.

One thing is certain. Since the very opening of the session it has been Opposition members who have initiated every item of public business that has been considered. Prohibition, the status of the legislative council, votes for soldiers, inspection of the mining operations of the province, and the financial tangle of the Halifax and South Western Railway involving the crooked Hervey deal, have been introduced and pressed upon the government and the House by the Liberal-Conservative Opposition. One would think that the Government had completely abdicated its public functions to the Conservatives. Had it not been for the public business introduced by Mr. Tanner and his supporters, the House need not have sat over fifteen minutes on a single day since the beginning of the session.

There is a feeling among militia men in the eastern provinces that Sussex and Aldershot will be the scene of large encampments during the coming summer in Nova Scotia three new Highland battalions are now being promoted with Colonel Borden, O C. the 85th, to command that unit and the other three as brigadier The expectation is that these, with the 112th, now about up to strength will be quartered at Aldershot N. S., and that the battalions now organized or in process of organization in New Brunswick the 104th, 115th, 132nd, 145th and 165th, with possibly two other units soon to be authorized will be under canvas at Sussex in May or June and complete their training at Valcartier.

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BE A MAN!

Don't you see where duty points, Where your help is needed most; Can't you hear t he battle cries Of the savage Prussian host?

Will you stay where cowards find Softest be shirk, beds to sleep and

where the waster chews and jeers.
Sneering at the men who work?

Sure with the blood that flows Ruddy in your British veins, You can only play the game, Strike, and hold what courage gains!

Mightily your fathers strove In the past through year to year. Are their sacrifices worth Nothing to you ling ring here?

Smooth the waters of the lake, Ripples scarcely seem to break.
Till the Hand moves 'cross the

—Fane Sewell.

Toronto, 23rd February, 1916.

You Should Use that no other brand gives you so much in quality, as Régal. Superior flour means superior bread-success in

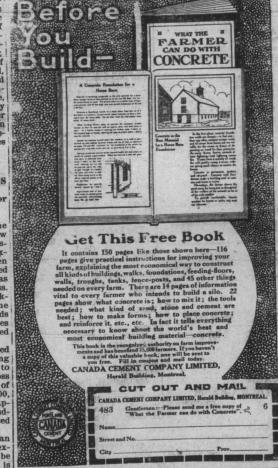
your baking and palatable, nutritious bread, excel-Flings destruction in its ling in everything that makes bread wake!

worth eating. Wait not till the Hand ap- So certain are we that Regal Flour Placing you beneath the ban, Listen while the voice is near, "Take your place, and—be a man!"

The pears, will please you, that if you will buy barrel and give it a fair trial, we will return your money if you find it insatisfactory.

THE ST. LAWRENCE FLOUR MILLS Co., LTD.





Young Men & Class of the Modist Church, Grand Pre, took place on Friday evening, February 18th, to which the young women of Dr. Chipman's Class took advantage of the fine sleighing and moonlight nights and drove to Hantsport where they were entertained at the home of Mr. Alvin Graham, whose two sons are class members. Two members of this class of which Miss Hilda Hockin is teacher, have enlisted in the 64th Overseas Battalion and expect to soon be on their way to England. They were home on to England. They were ho

The annual party of the leave at this time and were able oung Men's Class of the Meth- to participate in the good time Grand Pre, took
which all enjoyed so much.
uy evening, Febwhich the young ham and Arthur Woodman.—

In order to feed 350 members of the Loyal Men's Bible class of the First Christian Church at a banquet, Rev. C. R. Hudson, of Pomona, Cal., had a local restaurant bake cighty hens in a chicken pie four feet wide, one hen deep and eleven feet long.

Get"Mor A. B. SHU

lle, March Srd, 1016.



Our store is the Mecca our line of Ansco photo have the Ansco, the ama quality, \$7.50 to \$55.00. and there is the Buster B Ansco Film, the original Oyko, the prize-winning ph of all is our unqualified a Look for the Ansco Sign.

Clark's I

Vacancies in Office

caused by enlistment of those wh taused oy enistment of those whave answered, and those who wasswer their King and Country call, must be filled. Who will qualify themselves to take advantage those great opportunities? catalogue free to any address.



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