

EXCRUCIATING PAINS, CRAMPS

Entirely Remedied by Lydia E. Pinkham's Vegetable Compound

Eberts, Ont.—"I started with cramps and bearing-down pains at the age of eleven years, and I would get so nervous I could hardly stay in bed, and I had such pains that I would scream, and my mother would call the doctor to give me something to take. At eighteen I married, and I have four healthy children, but I still have pains in my right side. I am a farmer's wife with more work than I am able to do. I have taken three bottles of Lydia E. Pinkham's Vegetable Compound and I feel that it is helping me every day. My sister-in-law, who has been taking your medicine for some time and uses your Sanative Wash, told me about it and I recommend it now, as I have received great relief from it."—Mrs. NELSON YOTT, R. R. 1, Eberts, Ont.

Lydia E. Pinkham's Vegetable Compound is a medicine for ailments common to women. It has been used for such troubles for nearly fifty years, and thousands of women have found relief as did Mrs. Yott, by taking this splendid medicine.

If you are suffering from irregularity, painful times, nervousness, headache, backache or melancholia, you should at once begin to take Lydia E. Pinkham's Vegetable Compound. It is excellent to strengthen the system and help to perform its functions with ease and regularity.



MURINE FOR EYES IRRITATED BY SUN, WIND, DUST & CINDERS

RECOMMENDED & SOLD BY DRUGGISTS & OPTICIANS

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LUNCH COUNTER CARS ON NATIONAL



Lunch counter cars which will care for the needs of passengers in the colonist, first class and tourist cars of the main line trains, who do not desire to use the regular dining cars, are being operated by the Canadian National Railways for the convenience of the travelling public, and particularly of immigrants arriving in Canada. As an experiment, lunch counter cars have been placed in service between Winnipeg and Toronto. While these trains carry dining cars and while the Canadian National Railways also have lunch counters and restaurants at all divisional points, it is considered that the lunch counter car will be a great benefit to women travelling with children and to others who may be physically unfit or unable to leave the train at stations because of severe weather, or for other reasons. The lunch counter has been fitted up at one end of a steel colonist car, where the best grade of tea and coffee freshly made will be served. Light meals comprising cereals, sandwiches, pies, preserved fruits and other canned goods will be available at Canadian National standard lunch counter prices. A competent and courteous attendant will be in charge of each lunch counter and service may be secured at any time during the day. The suggestion of the lunch counter cars was made by Mr. Walter Pratt, General Manager of Dining, Sleeping and Parlor Cars and of Hotels, who has been anxious to provide this facility to add to the comforts of passengers on the Canadian National Railways.

JURY DISAGREED IN THE DELORME MURDER TRIAL

Father Adelard Delorme drove back to Bordeaux Jail Wednesday morning after the Delorme murder jury had announced that they were unable to agree on a verdict.

"We have deliberated all night," declared Raoul Thibault foreman of the jury "and we see no possibility of an agreement."

There was no way of having a jury poll and it is uncertain how the jurors stood. It was reported that 11 were for acquittal and one refused to be swayed. Other reports had it that two jurymen held out for conviction. When the twelve were discharged they were all showing the results of strain and they were anything but communicative.

There will be another trial according to R. L. Calder K. C. Crown Prosecutor who pointed out that in New Brunswick a negro named Paris was tried five times and finally acquitted. In Montreal there was the case of Demers who was tried three times before the jury returned the verdict of not guilty.

The next term of the King's bench court is in May and the Delorme

LIMBS AND BODY ALL SWOLLEN

"Fruit-a-tives" Relieved Both Dropsy and Sick Kidneys

The Wonder of Fruit Medicine Those who know they have Kidney Trouble—who suffer with pain in the back—who are up frequently at night—will welcome the news that "Fruit-a-tives", the wonderful medicine made from fruit juices and tonics, will positively relieve Kidney and Bladder Troubles—as proven by this letter. "Our little girl had Kidney Trouble and Dropsy—her limbs and body were all swollen. We decided to try "Fruit-a-tives". In a short time, the swelling went down. Now, she is the healthiest one of the family!"

WM. WARREN, Port Robinson, Ont. 50c a box, 6 for \$2.50, trial size 25c. At dealers or from Fruit-a-tives Limited, Ottawa, Ont.

case will automatically be called then. It is however problematical whether the trial will be proceeded with again at such an early date.

CHILDHOOD CONSTIPATION

Constipated children can find prompt relief through the use of Baby's Own Tablets. The Tablets are a mild but thorough laxative which never fail to regulate the bowels and stomach thus driving out constipation and indigestion, colds and simple fevers. Concerning them Mrs. Gaspard Daigle, Demain; Que. writes: "Baby's Own Tablets have been of great benefit to my little boy who was suffering from constipation and indigestion. They quickly relieved him and now he is in the best of health."

The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

TROUT BROOK NOTES

Mrs. Albert McCombs was the guest of Mr. and Mrs. Wm. Shaddock on March 15th.

Quite a number of the young folks gathered at the home of Mr. Albert McCombs on March 15th and a very enjoyable evening was spent; dancing being the chief amusement. Music was furnished by Warren McCombs.

Miss Elizabeth Dunnet spent the latter part of last week with her friend, Miss Margaret Copp.

Miss Blanche Waye of this place is spending a few days with her parents Mr. and Mrs. Wm. Waye.

Mr. Major McCombs has returned home after spending the winter months in Sevogle.

Mr. and Mrs. Frank Copp and daughter Margaret and Miss Miles spent Sunday last the guests of Mr. and Mrs. Roy Allison.

Mr. Allen Allison spent the week end with his cousin Mr. Warren McCombs.

A number of the young people gathered at the home of Miss Margaret Copp on Monday; March 17th to give her a farewell party as she is leaving here for a few months. A very enjoyable evening was spent; dancing being the chief amusement.

Mr. and Mrs. Wm. Shaddock and Mrs. S. Hosford spent Sunday evening the guests of Mr. and Mrs. Washington Bayley of Wayerton.

JUDGE LEBLANC IS SWORN IN

Arthur T. LeBlanc of Campbellton was sworn in at St. John Friday morning as Judge of the King's Bench Division of the Supreme Court of New Brunswick. The oath was administered by Chief Justice Sir J.D. Hazen in the presence of a considerable number of interested persons who assembled in the Chancery Court room.

Here and There

The Canadian Pacific coastwise steamer "Ena" has carried from the seven plants operating on Barclay Sound over 12,000 tons of salt herring since the present season opened in November. This represents almost half the season's output, which will approximate 26,000 tons.

The heaviest immigration to Canada experienced during the last ten years is looked for this year. Already the arrivals are running ahead of those for the same months in 1923, those from European countries being especially large. The enquiries from prospective settlers in the United States are numerous.

Canada exported 6,532 pairs of leather footwear during January, 1924, according to a report of the Bureau of Statistics. Of these 2,179 went to the United States, 2,038 to New Zealand and 2,031 to China and Japan. Bermuda, the Straits Settlements and Newfoundland took the rest. The value was \$21,301.

Canadians imported 5,326,567 pounds of tea last month, or about three-fifths of a pound per head of population. The value of last month's tea imports was \$1,661,176, and for the twelve months ending January 31, the value of the \$3,223,119 pounds imported into Canada was \$13,253,642. The bulk of it came from India.

Special trains of immigrants have recently carried lunch counter cars similar to those used on the harvesters' trains last summer. It is understood that the Canadian Pacific have inaugurated this as a feature of all long distance immigrant trains, thus doing away with the necessity of the newcomers providing their own food or using station lunch counters en route.

The completion of plans for the development of hydro-electric power during the current year will add 900,000 h.p. to the present total of 3,228,000 h.p. already installed in Canada. This additional power will be used in British Columbia to assist mining and pulp industries in Manitoba to supply rural needs, and in Ontario for gold-mining and other industries. In Quebec the chief developments are in connection with the pulp and paper industries, and farther east, in the Maritime Provinces, for public utility purposes.

There is every indication that the death of the domestic servant in Canada will be greatly relieved in the course of the ensuing few months. Miss Estelle Mackie, head of the Women's Branch, Colonization department, Canadian Pacific Railway, London, announces that "Specially conducted parties of domestic servants are being organized under the Empire Settlement Act in conjunction with the Canadian Government for the conveyance to Montreal and to Western Canada."

One of the most attractive features of the Canadian Pacific Railway Company's pavilion at the British Empire Exhibition, Wembley, will be the illuminated exterior panels, and the Neon lighting effect, similar to that used at the Coliseum, London, which is wonderfully penetrating and effective under all atmospheric conditions. The interior of the building displays, through working models and magnificent oil and water color paintings, the many ramifications of the great transportation system as well as the natural resources of this country.

According to E. N. Todd, freight traffic manager of the Canadian Pacific Railway the year 1924 will be a banner one as regards foreign capital coming into the country. "During the year 1923 a number of silk manufacturers from England and the United States decided to locate in Canada, and from present indications this particular movement is only in its infancy. At the present time our industrial department is in correspondence with a very large number of manufacturers who are seriously considering locating in Canada."

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The superior baking quality of Quaker Flour is due to the selection of the wheat and the scientific manner in which it is milled. Even more important is its uniformity. Flour must maintain an unvarying quality to produce the best baking results. Quaker Flour is subjected to severe tests every hour during the milling process. That is why Quaker Flour never varies in quality. Every sack is milled the same. That is why it always bakes the same.

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