

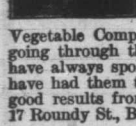
# A Woman's Problem

How to Feel Well During Middle Life Told by Three Women Who Learned from Experience.

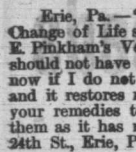
The Change of Life is a most critical period of a woman's existence, and neglect of health at this time invites disease and pain. Women everywhere should remember that there is no other remedy known to medicine that will so successfully carry women through this trying period as Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs. Read these letters:—



Philadelphia, Pa.—"I started the Change of Life five years ago. I always had a headache and backache with bearing down pains and I would have heat flashes very bad at times with dizzy spells and nervous feelings. After taking Lydia E. Pinkham's Vegetable Compound I feel like a new person and am in better health and no more troubled with the aches and pains I had before I took your wonderful remedy. I recommend it to my friends for I cannot praise it enough."—Mrs. MARGARET GRASSMAN, 759 N. Ringgold St., Philadelphia, Pa.



Beverly, Mass.—"I took Lydia E. Pinkham's Vegetable Compound, for nervousness and dyspepsia, when I was going through the Change of Life. I found it very helpful and I have always spoken of it to other women who suffer as I did and I have had them try it and they also have received good results from it."—Mrs. GEORGE A. DUNBAR, 17 Roundy St., Beverly, Mass.



Erie, Pa.—"I was in poor health when the Change of Life started with me and I took Lydia E. Pinkham's Vegetable Compound, or I think I should not have got over it as easy as I did. Even now if I do not feel good I take the Compound and it restores me in a short time. I will praise your remedies to every woman for it may help them as it has me."—Mrs. E. KISSLING, 931 East 24th St., Erie, Pa.

No other medicine has been so successful in relieving woman's suffering as has Lydia E. Pinkham's Vegetable Compound. Women may receive free and helpful advice by writing the Lydia E. Pinkham Medicine Co., Lynn, Mass. Such letters are received and answered by women only and held in strict confidence.

### Apple Market Report

The following Apple Market Report has been received by Mr. Robert Harrington of this town:

London—During the past week a cargo of Nova Scotia Apples ex s. s. "Rappahannock" has been handled here. At my Sale of this fruit the undermentioned prices ruled:

Baldwins	No. 1.	19- to 22-	No. 2.	17- to 20-	No. 3.	14- to 18-
Gov. Kessets		25- to 28-		23- to 26-		19- to 24-
Starks		19- to 21-		17- to 19-		14-6 to 17-6
Fallwaters		19- to 21-		18- to 19-		14-6 to 16-6
Spies		24- to 26-		17- to 20-		15- to 20-
Secks		20- to 22-		19- to 20-		15-
Greening		18- to 20-		16- to 17-		12- to 14-

There was one lot of very spotted Baldwins, out of condition, which had to go for less money. A couple of lots of slack-packed Starks also had to go at 17- to 18- for No. 1s, and 14-6 to 16- for No. 2s.

As anticipated, the market has not looked back, on the contrary, it has improved. Prices must continue satisfactory. The next consignment from Nova Scotia is not due here until the 20 inst., by which time the market will be empty and the fruit should be eagerly competed for at advanced values.

FRENCH APPLES are plentiful, but mostly of poor quality. Any attractive lots are quickly sold at good prices.

Yours very faithfully,  
J. O. SIMS.

### IT ISN'T YOUR CHURCH, IT'S YOU.

If you want to work in the kind of a church you like. Like the kind of a church you like. You needn't slip your clothes in a grip. And start on a long, long hike.

You'll only find what you left behind. For there's nothing that's really new. It's a knock at yourself when you knock at your church; it isn't your church, it's you.

Real churches aren't made by men afraid. Lest somebody else goes ahead. When everyone works and nobody shirks. You can raise a church from the dead.

And if while you make your personal stake, Your neighbor can make one, too. Your church will be what you want to see— It isn't your church, it's you.

### CANADIAN RED CROSS ANNUAL MEETING

The annual meeting of the Canadian Red Cross Society recently held in Toronto produced striking evidence of the multiplicity and magnitude of the operations of the society. There were present delegates from many branches together with many distinguished Canadians representative of the social, political, financial and philanthropic life of the Dominion.

The presence of the Duke of Connaught emphasized the Society's unique status as an official ally of the army Medical Service sanctioned by Act of Parliament. The Society is thus in a certain sense a State Department, and the election of the Duke of Connaught as president for 1916 is further tribute to the official importance of the Red Cross.

The Governor General's testimony to the efficiency and probity of the Red Cross administration was heartily applauded. No one recognizes more than I do," he stated, "what a splendid work the society is doing for

the alleviation of sickness and suffering. I am positive that every dollar contributed to the Society has been properly and wisely spent. Canada should be proud to support a society like the Red Cross."

A letter was also sent by Sir Robert Borden to the Chairman of the Executive Committee and containing a handsome appreciation on the part of the Government of Canada of the work of the Canadian Red Cross.

"I desire," said the Prime Minister, "on behalf of the Government, to express to the Executive Committee and to the workers throughout the country, our appreciation of their splendid efforts. I hope that every one in Canada realizes the extent and efficiency of the Society's work."

The report of the treasurer, the Hon. James Manson showed a total receipts for the year of \$975,515 including a balance from 1914. The records of the last three months' receipts in London, were unavailable, so that the complete income for 1915 can be conjectured as well over \$1,000,000.

The Chairman of the Central Council read a report containing impressive details of the work done in Canada, in England and the war zones. There are now 484 branches in Canada—an increase of 300 over 1914. To these must be added a large number of auxiliary societies acting in co-operation. Assistance has been given to auxiliary hospitals in Canada, and the Alberta Provincial branch has established the Ogden Convalescent home in Calgary.

In England the Duchess of Connaught hospitals has been equipped at a cost of \$200,000 and is now operating up to its capacity of 900 beds. Convalescent hospitals are maintained at Bushy Park, and at Buxton, in addition to an Officers hospital in London. Further, over 100 hospitals and institutions, in England, France and other war zones have received Canadian Red Cross supplies from the warehouse in London. An estimated amount of \$3,000,000 of these supplies have been sent from Canada carried free by the Railways and Express companies, and at a very nominal rate by ocean transport.

Over 50,000 cases were shipped including 120 motor ambulances. Publicity has been given to the society's work by the issue of nine editions of 200,400 copies of a booklet containing instructions for Red Cross work, and also the publication of a monthly bulletin.

These facts which will be published at length in the annual report, together with full particulars of the work done by the Provinces and their branches, a report by Col. Hogetts the Commissioner in England, and a statement of like nature from the Assistant Commissioner in France will constitute an imposing array of statistical evidence. It will omit perhaps the most eloquent testimony to the good work of the Red Cross—the gratitude and thanks of the wounded and prisoners who have benefitted by its humanity.

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is your best guarantee of success in bread making, and if you see to it that every barrel of flour you buy bears the REGAL brand, you can be sure you have the one flour that excels in every good quality.

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at Sohmer Park, Montreal, March 6th to 10th inclusive.

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483 Herald Building, Montreal.



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