YOUNG DAUGHTER MADE WELL

Mother Tells How Her Daughter Suffered and Was Made Well by Lydia E. Pinkham's Vegetable Compound

Vancouver, B.C.—"My daughter is a young girl who has been having severe pains and weak and dizzy feelings for some time and had lost her appetite. Through an older daughter who had heard of a woman who was taking it for the same trouble, we were told of Lydia E. Pinkham's Vegetable Compound. My daughter has been taking it for several months and is quite all right now. It has done all it was represented to do and we have told a number of friends about it. I am never without a bottle of it in the house, for I myself take it for that weak, tired, worn-out feeling which sometimes comes to us all. I find it is building me up and I strongly recommend it to women who are suffering as I and my daughter have."—Mrs. J. McDONALD, 2947 26th Ave. East, Vancouver, B. C.

From the age of twelve a girl needs all the care a thoughtful mother can give. Many a woman has suffered years of pain and misery—the victim of thoughtlessness or ignorance of the mother who should have guided her during this time.

If she complains of headaches, pains in the back and lower limbs, or if you notice a slowness of thought, nervousness or irritability on the part of your daughter, make life easier for her.

Lydia E. Pinkham's Vegetable Compound is especially adapted for such conditions. C

It will prevent Ulcerated Throat—At the first symptoms of sore throat, which presages ulceration and inflammation, take a spoonful of Dr. Thomas' Eclectric Oil. Add a little sugar to it to make it palatable. It will allay the irritation and prevent the ulceration and swelling that are so painful. Those who were periodically subject to quinsy have thus made themselves immune to attack. m

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TIME TABLE

Trains leave Watford station as follows:

GOING WEST

Accommodation, 111.....8.42 a.m.
Chicago Express, 17.....12.40 p.m.
Detroit Express, 83.....6.51 p.m.
(a) Chicago Express....9.11 pm..

GOING EAST

Ontario Limited, 80.....7.48 a.m.
Chicago Express, 6.....11.22 a.m.
Express .....2.50 p.m.
Accommodation, 112.....5.38 p.m.
(a) Stops to let off passengers from Hamilton and east thereof and to take on passengers for Chicago.

G. W. VAIL, Agent, Watford.

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Nova Scotia Interior as Moose Pasture

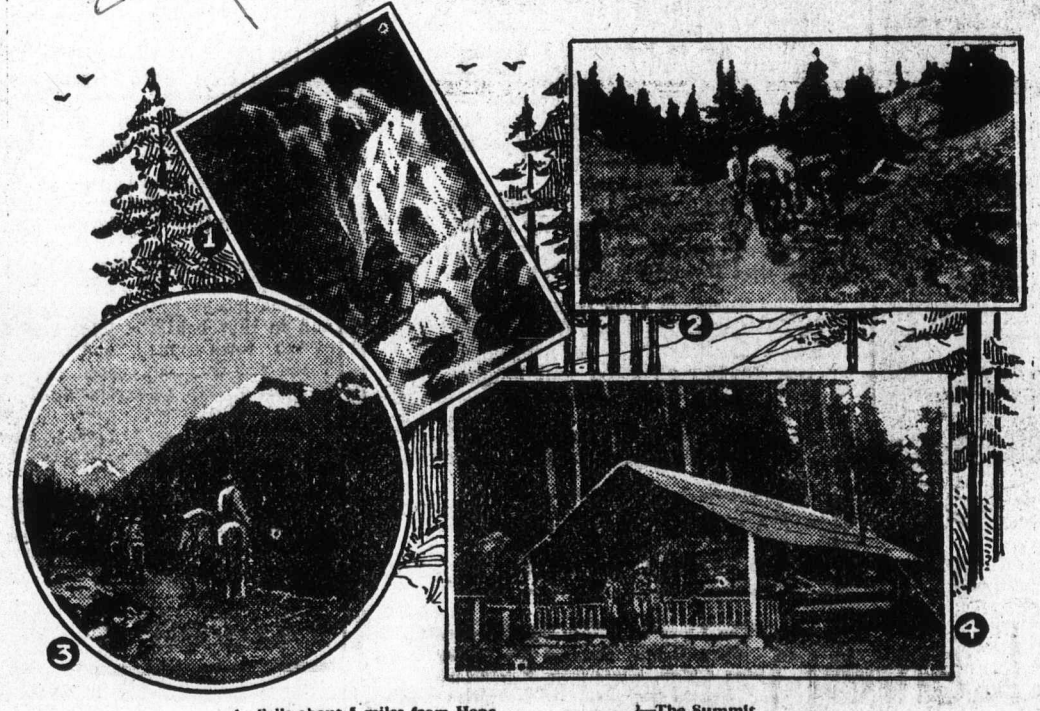
Nova Scotia is a country of lakes and streams, offering many ideal canoe trips, and the interior is a great moose pasture. Ideal, too, is the moose hunting, because both the canoe and automobile are used by hunters and guides, thus saving many miles of weary hiking through the wilderness. On the Liverpool chain of lakes reached from South Milford via Annapolis Royal or Digby, and on Lake Kedgemakooge, Lake Rossignol, Lake Munro, Loon Lake and the Liverpool River expert Indian and white guides use the canoes for long distances and even call the moose to the shore with their birch bark horns. ● When some distant point is to be reached from "Del" Thomas' South Milford camp, canoes, guides, hunters and duffle are loaded upon a big motor truck for the journey.

South Milford is 15 miles from Annapolis Royal and is a favorite outfitting point. So is the Kedgemakooge Rod and Gun Club, on famous Lake Kedgemakooge, in the heart of the wilderness 36 miles from Annapolis Royal. Both of these camps have ample accommodations and plenty of canoes and reliable guides.

The Nova Scotian moose season lasts from Oct. 1 to Nov. 15. Deer are as plentiful as moose, and the open season for this game lasts from Oct. 16 to Nov. 31.

Although large numbers of moose are shot each year, many with magnificent "spreads," the annual increase is said to equal the kill. Such guides as Louis Harlow, half-breed Micmac and Sam Globe, full-blooded Indian, are expert moose callers and stalkers and rarely disappoint the hunter. The cleverness with which they simulate the calls of the cow moose with a simple roll of birch bark fashioned into a horn, is sure to fool the wisest old bull in the wilderness. When the calling season is past, the moose no longer comes to the hunter and the hunter must go to him. Neither canoe, nor automobile figures much in this phase of moose hunting except that one, or both, may help the hunter near the place where the quarry is supposed to be and carry him home when the hunt is over.

By Strawberry Flats and the Silver Daisy



1—Falls about 5 miles from Hope
2—The Summit
3—On the trail
4—Defiance Camp

The little village of Hope, situated on the Fraser River about one hundred miles from the coast, is the starting point for all mountaineers wishing to reach the interior of British Columbia by the trail route. It is a scattered village of about two hundred inhabitants but possessing both an abundance of natural beauty and a truly romantic past. The village is flanked on one side by the noble Fraser river, while from the other side one looks up three wide draws in the mountain ranges. The one to the left is the beautiful Coquihalla valley through which the turbulent Coquihalla river cascades from a pass unmatched for rugged grandeur. Through this pass too, under innumerable snow sheds and tunnels the Kettle Valley Railway goes to Princeton and the interior. In the centre is an opening for the Nicolum river, to the right is the Silver Creek draw and beyond it the snow-capped peaks of the Cascade range.

The mountain trail over the Hope Pass is the old one known as the Dewdney which was surveyed and partly built for twenty-five miles out of Hope, by English Sappers in 1861. It winds up the Coquihalla River for a short distance, then branches off with the Nicolum. a tributary of the former river. The way lies through Sylvan glades, past rushing waterfalls and over rustic bridges, the old dry "cribbing" of which is as firm as the day when it was laid.

The first feeding ground for horses is at 12 Mile Lake—otherwise known as Divide Lake at an altitude of 2300 feet. This lake is the head waters of the Nicolum river. Here there is a beautiful hay meadow owned by a trapper and prospector who is patiently awaiting the day when the transprovincial road will give him a means of transporting his wealth, in the shape of hay, to outside points.

At 22 Mile there is another beautiful camping spot. Here there is a large cabin situated in the forest's heart on the very banks of the Skagit river. The owner of it carries on prospecting and mining operations in the vicinity. He appropriately calls his cabin "Defiance Camp" and his mine "The Silver Daisy."

From here on for many miles the scenery becomes more wonderful, if that were possible, but at the same time more wild and rugged. The Pass, a narrow hallway bounded by cliffs thousands of feet high, is a sight of never-ending marvel. At one spot, known as Skagit bluffs, the trail (a bare 18 inches wide) winds around the shoulder of a cliff which towers above and drops away a sheer one thousand feet to the bed of the river below.

Then the trail once more drops down to the next feeding grounds at Cayuse Flats which has a sister spot three miles farther on—Cedar Flats. Beyond Cedar Flats lies a long strip of heavy cedar timber, a true "forest primeval." Strawberry Flats, a pleasant open field on the Skagit river at a height of 3700 feet is the last stopping place before the actual ascent to the summit begins. Here, in spite of the high altitude, wild strawberries grow in abundance.

In the next 2300 feet (of the perpendicular of course!) one is led to the summit by a series of switchbacks zigzagging up the face of the mountain. The river, which at the foot appeared a torrent, is here a tiny stream; a mere trickle over the stones. Below, the ever-lasting hills unroll themselves for a hundred miles of valley and peak.

When the summit itself is attained a sight never to be forgotten appears. A wide open meadow lies in an inverted crown on the mountain top. Around its edge rise whitish cliffs scarcely distinguishable from the many snow banks. And everywhere, even beside the snow, grows a bewildering variety of wild flowers.

In the centre of the depression lie two lakes, the dividing of the waters, for from the one goes the Skagit river towards the sea and from the other flows the Whip Saw Creek towards the interior lakes.

As soon as the descent of the eastern slope is begun a great change is noticeable. The grade is easy and steady, the country becomes more open and is clear of the under-brush and ferns so characteristic of the western slope.

The last camp is twenty miles from Princeton but the last nine miles of that distance are covered by a good motor road, the beginning of the proposed Transprovincial-highway from Princeton to Hope.

About eight miles from Princeton is a wonderfully interesting spot where stratified rocks yielding excellent fossils remains are located on the side of the hill.

Shortly after this the valley opens out before one-Princeton snuggled peacefully into a friendly circle of hills and its two rivers, the Similkameen and Tulameen keeping guard over it. Beyond it, rises a splendid vista of rolling green foothills with more rugged mountains closer in, indicative of the districts most flourishing industries, ranching and mining.

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