

THIS WOMAN SAVED FROM AN OPERATION

By taking Lydia E. Pinkham's Vegetable Compound, One of Thousands of Such Cases.

Black River Falls, Wis.—"As Lydia E. Pinkham's Vegetable Compound saved me from an operation, I cannot say enough in praise of it. I suffered from organic troubles and my side hurt me so I could hardly be up from my bed, and I was unable to do my housework. I had the best doctors in East Claire and they wanted me to have an operation, but Lydia E. Pinkham's Vegetable Compound cured me so I did not need the operation, and I am telling all my friends about it."—Mrs. A. W. BENZER, Black River Falls, Wis.

It is just such experiences as that of Mrs. Benzer that has made this famous root and herb remedy a household word from ocean to ocean. Any woman who suffers from inflammation, ulceration, displacements, backache, nervousness, irregularities or "the blues" should not rest until she has given it a trial, and for special advice write Lydia E. Pinkham Medicine Co., Lynn, Mass.

Last Words Of Edith Cavell

London, March. (Correspondence of The Associated Press)—"I expected my sentence, but I am glad to die for my country. In the sight of eternity, I know now it is not enough to love only your own country. You must love all, and not hate any."

Those were among the last words of Edith Cavell, the British nurse who was executed by the Germans in Belgium. The churchman to whom they were spoken, the Rev. H. S. T. Gahan, has just returned to England from Brussels, where with his wife he remained throughout the war.

Aided by a German protestant military chaplain, Mr. Gahan received permission, he says, to see Miss Cavell in prison on the night before the death sentence was executed.

"With the chaplain," Mr. Gahan said, "I went to the cell door and it opened and Miss Cavell stood in the doorway. I had gone prepared for a very trying scene. There stood my friend—looking as calmly sweet as anyone could look. She was unchanged, except that she appeared better for the enforced rest in prison. The warden withdrew and we were not interrupted."

"I remember practically all she said. She was thankful for the quiet time, as her life had been such a burden and rush in many respects. She was not sorry to go, for her life had contained so much trial that she was weary beyond endurance. 'They have treated me very kindly here,' she said."

The little communion vessels were placed on a chair, and after the service Mr. Gahan recited "Aide With Me," Miss Cavell joining under her breath.

"Then I felt," the minister continued, "that I must not stay much longer, for I had been there an hour. I stood up and said, 'Good-bye,' and we were face to face. She was looking slightly strained, but nothing more. We shook hands and smiled, and I added, 'We shall meet again. Goodbye.'"

The great crime of hurrying the execution, according to Mr. Gahan, belonged to the military governor of Brussels, who would not wait to communicate with headquarters.

LIFT CORNS OR CALLUSES OFF

Doesn't hurt! Lift any corn or callus off with fingers.



Don't suffer! A tiny bottle of Frezzone costs but a few cents at any drug store. Apply a few drops on the corns, calluses and "hard skin" on bottom of feet, then lift them off. When Frezzone removes corns from the toes or calluses from the bottom of feet, the skin beneath is left pink and healthy and never sore, tender or irritated.

All Long Service Men Home In June

It is estimated that all the long service Canadian soldiers in Europe will be back in Canada by June 30. The demobilization of the Canadian troops is proceeding so rapidly and future arrangements are so well advanced for dealing with the situation which is developing with the re-opening of the St. Lawrence river to navigation that the numbers returning in May should exceed the numbers repatriated in April. Barring unforeseen circumstances practically all the long service men will either be in Canada or en route within two months. These are the figures received from London military headquarters. The demobilization plans for the Canadian forces will be carried out in much less than half the time originally anticipated.

The steamship Corsican, the last regular transport to bring returning soldiers to St. John is due tomorrow. She will have both soldiers and soldiers' dependents on board. The various organizations which have had their machinery set up in St. John and Halifax during the past five months for the reception and care of the many thousands of home-comers, will transfer their activities to Quebec and Montreal.

Hero Lives In Tub of Water

Baltimore, April 21—While on patrol duty in France, Lieut. Milton Mackall of this city, an officer of the 115th Infantry, was shot by a German sniper in the spine, partial paralysis resulting. He was brought to the government hospital at Fort McHenry about two weeks ago and his case taken under observation by Major A. P. Herring, head of the brain and nerve section.

Lieut. Mackall is being kept on air cushions in a tub of running water kept at body heat, and is undergoing a system of treatment that is entirely new to the medical world in an effort to correct a lesion of the spinal cord. The tub arrangement is necessary to prevent spinal shock.

The tub itself to the casual visitor appears like an ordinary cot. Lieut. Mackall is supported in the contrivance by floating on cushions.

Surgeons assure Lieut. Mackall will soon be on the road to recovery.

Lemon Juice Is Freckle Remover

Make this deep beauty lotion to clear and whiten your skin.

Squeeze the Juice of two lemons into a bottle containing three ounces of orchard white, shake well, and you have a quarter pint of the best freckle and tan lotion, and complexion beautifier, at very, very small cost.

Your grocer has the lemons and any drug store or toilet counter will supply three ounces of orchard white for a few cents. Massage this sweetly fragrant lotion into the face, neck, arms and hands each day and see how freckles and blemishes disappear and how clear, soft and white the skin becomes. Yes! It is harmless.

Soldier's Allowance While Learning To Farm

Ottawa, April 23—Allowances towards defraying the cost of subsistence of the families of settlers who are going on the land under the provisions of the soldier settlement act, but who require a period of training in practical agriculture, have been put into effect by order-in-council just passed. The allowances are of two classes, namely, for soldiers who are receiving training at an agricultural training centre, and for those who are receiving agricultural training while employed with the farmer.

In the case of a married man receiving training at an agricultural training centre, he may receive a maximum of \$60 a month, which includes \$35 for himself and his wife and a maximum of \$25 for all his children.

The board may pay to any settler who is receiving instruction at an agricultural training centre allowance a period not exceeding three months on the following basis:

If he is without dependents, \$10 a month.
If married, for settler and his wife, \$35; for one child, \$6; for each additional child, 5; providing that the total amount for all the children does not exceed \$25.

If he is a widower, with children, \$10 for himself; for one child, \$15; for two children, \$25; for each additional child, \$5, providing the total

amount for all the children does not exceed \$40

If he has neither wife nor children but had parents or brothers or sisters wholly dependent on him, \$10 for himself and \$20 in full for all dependents

A settler who is in training while employed with a farmer may be paid for a period not exceeding twelve months on the following scale:

If he has a wife and children, \$20 per month for wife; \$6 per month for one child; for each additional child \$5, providing the total amount for the children shall not be more than \$25.

If he is a widower with children, \$10 for one child; for more than one \$10 and \$5 for each other child. Maximum, \$50.

If he has neither wife nor children but parents or brothers or sisters wholly dependent on him for support, \$10 in full for all such dependents.

No allowances will be paid for boys over sixteen or girls over seventeen, unless such children are unable to provide for their own maintenance, when the allowance may be continued up to the age of twenty-one. No al-



MAGIC BAKING POWDER CONTAINS NO ALUM

America's Richest Girl Married

(Canadian Press) New York, April 23—Miss Margaret Carnegie, the richest girl in America, today became the bride of Roswell Miller, U. S. N., an officer in the navy. The wedding took place at the New York Waldorf-Astoria Hotel, 91st Street and Fifth Avenue. It was attended only by immediate relatives of the bride and groom. Miss Carnegie is the only child of the Laird of Skibo and will inherit his entire fortune, estimated at \$600,000,000. Roswell Miller is the son of Mr. and Mrs. Rosewell Miller. His father, previous to his death, was chairman of the board of directors of the Chicago, Milwaukee and St. Paul Railroad. The bride is 22 and the groom 24.

Pursuit of happiness may degenerate into pursuit of distraction. The average man wastes a lot of time telling other people things they don't care to hear.

Conserve Your Health

CANADA needs her men in field and factory. No one can afford to be too sick to work. Kidney trouble often keeps men ailing around the house, but Dr. Wilson's HERBINE BITTERS quickly relieve pain in the back, take away the burning in bladder, restore healthy action to the kidneys, and make a tired, worn-out, pain-plagued man feel as if he had been born anew. Dr. Wilson's Herbine Bitters are made from simple herbs and are Nature's own remedy for kidney troubles, constipation, bilious headaches, general rundown condition. It most stores. Price, a bottle, Family size, five times as much. The Braxley Drug Company, Limited, St. John, N. B.

Help the Y.M.C.A. Finish its Work For Soldiers

Help the "Y" Construct the Manhood that will Re-construct Canada

ALL the world now knows that the Red Triangle of the Y.M.C.A. was the "Sign of Friendship" to thousands of your brothers, sons, nephews, cousins and neighbours' boys in the last four and a half years. Wherever the Canadian Soldiers went, the "Good old 'Y'" went too. And now it is coming back home with them!

For the support which has made possible the war work of the Y.M.C.A. we thank you. Your money has been well expended. We have rendered full account.

We ask now your continued sympathy and support for Red Triangle Service for our Soldiers during demobilization, and for Y.M.C.A. work for Canada generally during the Reconstruction period. The Annual Red Triangle campaign will be held throughout Canada May 5th to 9th, 1919. The objective is \$1,100,000.



The Y.M.C.A. will keep its chain of service unbroken till the end.

For Our Men Returning

For the soldiers and their dependents, returning from Overseas, we have provided as follows:—

1. A Red Triangle man on board every ship when it leaves Great Britain, with a full equipment of games, gramophones and records, magic lantern, literature and writing materials. Where possible, also a piano or an organ. Lectures, concerts, singing, instruction re Government repatriation plans, and Sunday Services.
2. Red Triangle comforts and facilities for the men on arrival at Halifax, St. John, Quebec and Montreal, including coffee stalls, with free drinks, free canteens, cigarettes, candies, etc.
3. Red Triangle men on every troop train to provide regularly free drinks, eatables and cigarettes, organize games and sing songs, and furnish information.
4. Red Triangle free canteen service, information bureau, etc., at each of the 22 Dispersal centres in Canada.
5. Red Triangle Clubs in the principal cities of Canada in the shape of large Y.M.C.A. hostels to furnish bed and board at low rates and to be a rendezvous for soldiers.
6. Seventy-five Secretaries to superintend Red Triangle service in Military Hospitals, Camps and Barracks throughout Canada.
7. Tickets entitling soldiers to full Y.M.C.A. privileges for six months at any local Y.M.C.A. furnished.

In addition to our work for the returning soldiers, we have to maintain the Red Triangle service to the full for the soldiers in Siberia, as well as the work of special secretaries in Northern Russia, Palestine and Poland.

For Canada's Manhood

The Reconstruction program of the Y. M. C. A. includes the following vitally important developments:—

1. An increased service to 300,000 teen-age boys in the Dominion—the development of Canadian Standard Efficiency training; Bible Study groups; summer camps; conferences; service for High School boys, for working boys, in the towns and cities; for boys on the farm and for boys everywhere, who have lacked opportunity for mental, moral, physical or social development.
2. Inauguration of Y.M.C.A. work in the country, and the smaller towns and villages lacking Association buildings and equipment, on a plan of county organizations. This will include the establishment of Red Triangle centres for social, recreational and educational work among boys and men, in co-operation with the churches.
3. The promotion of Y.M.C.A. work among Canada's army of workers in industrial plants, both in Y.M.C.A. buildings and in the factory buildings, organizing the industrial workers of our cities by meetings, entertainments, games and sports.
4. The establishment of the Red Triangle in isolated districts where lumbermen, miners and other workers hold the front trenches of industry.
5. Besides these main fields of increased activity for 1919, we have to provide for enlarged work among railway men, college students and for our campaign to encourage physical and sex education. Under all our work we place the fundamental foundation of manly Christianity.

Y.W.C.A.

For the wives and children Overseas, dependent upon Canadian soldiers, and for Y.W.C.A. work in Canada generally, a sum of \$175,000 from the Red Triangle Fund will be set aside for the Dominion Council of the Y.W.C.A., which is caring for the soldiers' women folk, and their little ones on the long journey from Liverpool to Canada, and is also extending its work for Canadian girls.

For their sake also be generous when you make your contribution.

FOR the sake of our victorious soldiers and their dependents, and the happiness of their home-coming; for the sake of our future citizens, our teen-age boys; for the sake of rural life in Canada; for the sake of the social betterment of the toilers in factory and workshop; for the sake of lonely men and boys in our mines and forests; for the sake of Christian Society and Canadian manhood—we appeal to you. Give us your contribution, little or big. Be as generous as you can.

Hand your contribution to the canvasser when he calls, or if you live where it is difficult for him to call, send it by check, money order or registered letter to the National Treasurer, Red Triangle Campaign, 120 Bay Street, Toronto.

Please Note:

We are not asking for money to carry on our work Overseas, with the Army in Great Britain, France or Belgium. That work will continue at its maximum for some months, financially provided for by the liquidation of our assets Overseas, and will not terminate till the last man has sailed for home.

National Council, Young Men's Christian Associations of Canada

The Red Triangle Campaign is being conducted under the distinguished patronage of His Excellency, the Duke of Devonshire, K.G., G.C.M.G., G.C.V.O., P.C.

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