

HEAT FLASHES, DIZZY, NERVOUS

Mrs. Wynn Tells How Lydia E. Pinkham's Vegetable Compound Helped Her During Change of Life.

Richmond, Va. — "After taking seven bottles of Lydia E. Pinkham's Vegetable Compound I feel like a new woman. I always had a headache during the Change of Life and was also troubled with other bad feelings common at that time — dizzy spells, nervous feelings and heat flashes. Now I am in better health than I ever was and recommend your remedies to all my friends." — Mrs. LENA WYNN, 2812 E. O Street, Richmond, Va.

While Change of Life is a most critical period of a woman's existence, the annoying symptoms which accompany it may be controlled, and normal health restored by the timely use of Lydia E. Pinkham's Vegetable Compound.

Such warning symptoms are a sense of suffocation, hot flashes, headaches, backaches, dizziness, nervousness, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and inquietude, and dizziness.

For these abnormal conditions do not fail to take Lydia E. Pinkham's Vegetable Compound.

FAIRVIEW AND VICINITY

Our school is doing nicely under the management of Miss Laura Veinott.

Mrs. Christopher Baltzer, who has been quite ill we are glad to report is improving.

Miss Theresa Cashman of Charlestown, Mass., who was called home on the death of her brother is soon to return.

Mr. Clarence Schofield who has been absent has returned home.

We are sorry to report Mrs. J. L. Schofield on the sick list.

Mr. Raymond Cashman of St. John, who has been called home on account of the illness of his wife is soon to return.

Mrs. J. Finlay who has been quite ill is able to be around again.

Miss Gertrude Wagstaff of Aylesford spent Sunday with relatives in Fairview.

A large number attended the chopping frolic at Mr. Harding Thomas' on Friday last.

Minard's Lintment Cures Dis-temper.

The occupation by French troops of the Island of Corfu secures for the Allies a naval base of the greatest value and which forms a key to the Adriatic.

Engineers have proposed to dam the Niagara river near its outlet to produce 2,000,000 horsepower, in addition to that now derived from the fall.

NURSING MOTHERS

show the beneficial effects of

Scott's Emulsion

in a very short time. It not only builds her up, but enriches the mother's milk and properly nourishes the child.

Nearly all mothers who nurse their children should take this splendid food tonic, not only to keep up their own strength but to properly nourish their children.

FOR SALE BY ALL DRUGGISTS

Send for name of paper and this ad. for one beautiful Savings Book and Child's Sketch-Book. Each book contains a Good Luck Penny.

SCOTT & BOWNE

108 Wellington Street, West Toronto, Ont.

THERE IS AN NIAGARA

(Continued from Page 3.)

water. Our problem is to supply this water.

The scheme arranged to overcome the difficulties above referred to is based on power generated by specially designed current motors in the swift currents at the foot of the cliff operating pumps to elevate sea water to reservoirs placed on the top of the cliffs. The water will then be conducted to the power house at the base of the cliff in the way common in hydro-electric plants. The whole stage of the process from pump to an electric light in a far-away town is simply a combination of the municipal pumping plants and industrial hydro-electric plants, and these are in continuous operation in many places.

Whether or not the pumps were operating, the flow from the reservoirs would be continuous and regular, so that the irregularity of the tide would not effect the producing power.

The novel features are (1) use of the rate of tidal flow, instead of the head; (2) the general scheme for overcoming irregularity in tidal flow and for solving the storage problem made possible by the contour of the land at this point, and (3) the specially designed and highly efficient current motor for providing the power.

You say it's all right, and it all now depends upon the water. That is true. Current motors are not uncommon, our problem was to procure an efficient variety. Perhaps I cannot say more about the motor at present than to tell you that a large sized model has been constructed and tested with most satisfactory results. While it can be lifted by two men, it is capable of developing 27 h. p. at Cape Split.

It is not necessary to say more about one further objection, interference with navigation, than this: the vessels entering Minas Channel keep as far away from Cape Split as possible, and consequently any power development there would not in the least interfere with navigation.

The simplicity of the scheme is apparent, for the motor, while most effective, is equally simple. Safety may also be guaranteed by two independent reservoirs of great reserve capacity, and by three units of power in the motors, any two of which would operate the plant, all of which are protected by novel means from conceivable danger.

With the simplicity naturally goes the low cost of installation and operation, and consequently low interest charges. This in turn means cheap power. In the preliminary estimates which have been made, it appears that by this means power could be sold throughout the maritime provinces far cheaper than by any other contemplated development, as well as furnishing sufficient power to provide the provinces with the required amount and to provide for future expansion.

Cape Split is one of the most central points in the maritime provinces. Within a radius of 125 miles lies Antigonish, Yarmouth, Fredericton, Newcastle, and nearly all of Prince Edward Island. Transmission lines of about 85 miles each would reach Digby, Moncton, New Glasgow and Halifax. When we consider that in Ontario, electric power is being transmitted over 250 miles, these distances seem short.

It is also interesting to note that these four lines, with a branch from Moncton to St. John, touch large towns within 100 miles of Cape Split, having a combined population greater than that of any city in the Dominion, except Montreal, and cover a territory having a greater population than either Montreal or Boston, and, in fact, exceeding the combined populations of Toronto, Ottawa, Quebec, Winnipeg and Vancouver.

The advantages of this situation may be summed up as follows:

1—No obstruction to navigation.

2—Ideal location for power-

house.

3—The swiftest current.

4—The highest cliffs rising from the water.

5—The central position in relation to the needs of the Provinces.

6—Unlimited power and possibility of expansion; and combined with the advantages of this situation is a low cost of installation and operation on account of the simplicity of the scheme.

I have presented this scheme only in outline, but you can readily see its advantage. The value to Halifax would be twofold. Cheap power for the city would be assured, for according to the preliminary estimate electric power could be delivered in Halifax for an average of 2c per kw. h. and return a splendid profit. That would mean that power in larger blocks, for manufacturing industries, could be delivered for less than 1c per kw. h.

But more important than that to Halifax is the development of the whole province and of the Maritime Provinces. Not a hamlet can flourish without helping Halifax, and as this power could be delivered over the entire maritime provinces at a very cheap rate, Halifax would inevitably feel the reflex influence.

This is an opportunity for us to get together for the development of the Provinces.

"There is a tide in the affairs of men, which, taken at the flood, leads on to fortune." Evidently the poet here refers to the Bay of Fundy tide.

Wonderful Hair

Clean and free from dandruff and possessing all the radiance of perfect hair. This is just what Sagine means to those who suffer with itching scalp, dandruff, coarse, dry or common looking hair.

Sagine is new life to faded unattractive hair. Sagine feeds the hair root with the necessary food for promoting a healthy growth. Sagine is the most perfect tonic you could wish for. It is not a dye and is not sticky or greasy. A large bottle costs only 50c, and Mr. Clark gives his personal guarantee to refund the money if you are not entirely satisfied. Be sure to go to Clark's Drug Store as other stores cannot supply you.

Minard's Lintment Cures Colds, Etc.

TREMONT.

Mr. Millege Messenger of the Canadian West is visiting his parents, Mr. and Mrs. Elijah Messenger.

Mr. and Mrs. M. E. Baker have been visiting friends and relatives in Wolfville and vicinity.

Mr. Timothy Wilson of Kingston and Carman Wilson of East Dalhousie recently visited their aged relative, Mr. John Wilson, who has not been in good health this winter.

Mr. Robert Cole of Millville has exchanged farms with Mr. Avery Langille. Mr. Cole has taken possession and Mr. and Mrs. Langille have gone to the United States for the winter.

Mr. Clifford Cole of Nicholasville has exchanged places with Mr. S. Toole.

Mr. L. S. Whitman and Mr. Ben Woodworth of Kingston Village have secured good positions in New Glasgow.

Pte. Earl Palmer who was in training at Kentville has been at the home of his parents, Mr. and Mrs. John Palmer of Kingston Village suffering from a severe attack of pneumonia and pleurisy. Hopes are entertained of his recovery through the skillful treatment and nursing of Dr. Divine and Mrs. W. Gates.

Mr. Talford Messenger of the Canadian West formerly of Tremont is spending the winter in Nova Scotia.

108 Noxa a Cold

The best Cough Medicine for children, 25c per bottle at Clark's Drug Store.

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Makes a fine trustworthy smoke that gives a full measure of pleasure, comfort and satisfaction

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