

WHY WOMEN WRITE LETTERS

To Lydia E. Pinkham Medicine Co.

Women who are well often ask "Are the letters which the Lydia E. Pinkham Medicine Co. are continually publishing, genuine?" "Are they truthful?" "Why do women write such letters?"

In answer we say that never have we published a fictitious letter or name. Never, knowingly, have we published an untruthful letter, or one without the full and written consent of the woman who wrote it.

The reason that thousands of women from all parts of the country write such grateful letters to the Lydia E. Pinkham Medicine Co. is that Lydia E. Pinkham's Vegetable Compound has brought health and happiness into their lives, once burdened with pain and suffering.

It has relieved women from some of the worst forms of female ills, from displacements, inflammation, ulceration, irregularities, nervousness, weakness, stomach troubles and from the blues.

It is impossible for any woman who is well and who has never suffered to realize how these poor, suffering women feel with respect to health; their keen desire to help other women who are suffering as they did.



SUMMING UP

Dr. Michael Clarke, M. P., who has recently turned from Laurier supporter to an ardent conscriptionist, in a recent speech summed up the situation in these words:

"There is only one alternative policy to winning the war, and that is winning elections. That is the only alternative. If we analyze this thing to the bottom, we cannot ignore the fact that this election is being forced at this time by the refusal of extension, not with a view to helping on the war for the honor of Canada and the Empire, but with a view to exchanging the people in office for those opposed to them and with a view to securing the fruits of office."

"In other words, those who are notoriously doing the least to win this war are forcing this country into the turmoil of a general election, when the world and all that is best in it is being animated by a spirit of service, of sacrifice, and unselfishness for the most selfish of reasons—to satisfy petty personal ambitions when the fate of the world is at stake."

"I for one hesitate to stand forth as one of a group of the only selfish men to be found in the British Empire or in the civilized world today."

Geo. H. Chistolm, formerly of the Digby "Courier" and since May last its foreman is now its manager. Mr Chistolm was foreman in the Windsor Tribune office and the Courier office before going to Winnipeg where he spent 11 years. He is, therefore, a newspaper man of experience who will no doubt keep the Courier up to its present high standard.

Outlook

CANNING FRUIT WITHOUT SUGAR.

There are many stories of the fruits and vegetables that rot on the ground for want of a market. Happenings of that sort this summer will be nothing short of treachery—a clear case of giving comfort and aid to the enemy for food is one of the most important munitions of war.

Every woman who stacks up cans and glasses full of food is doing just as good war work as the girls in the munition factories, and she is working on the constructive side—the side that helps to preserve life—not destroy it. Here is work for the pacifist! Canning is a patriotic duty this year—not a domestic expedient.

Canning without sugar is especially pertinent right now, when economy versus luxury, quantity versus fancy quality, is the slogan.

Listen to the voice of the government expert on this theme:

Can the product the same day it is picked. Cull, stem, or seed, and clean the fruit by placing it in a strainer and pouring water over it until it is clean.

Pack the product thoroughly in glass jars or tin cans until they are full; use the handle of a tablespoon, wooden ladle, or table knife for packing purposes.

Pour over the fruit boiling water from a kettle; place rubber-taps and caps in position, partially seal if using glass jars, seal completely if using tin cans.

Place the contained in a sterilizing vat, such as a boiler with false bottom, or other receptacle improvised for the purpose.

If using a hot water bath outfit process for thirty minutes; count time after the water has reached the boiling point; the water must cover the highest jar in the container.

After sterilizing, remove packs, seal glass jars, wrap in paper to prevent bleaching, and store in a dry, cool place.

If you are canning in tin cans it will improve the product to plunge the cans quickly into cold water immediately after sterilization.

When using a steam pressure canner instead of the hot water bath, sterilize for ten minutes with five pounds of steam pressure. Never allow the pressure to go over ten pounds.

I bought a horse with a supposedly incurable ring bone for \$30.00. Cured him with \$1.00 worth of MINARD'S LINIMENT and sold him for \$85.00. Profit on Liniment \$54.00.

MOSIE DEROSCE.

Hotel Keeper, St. Philippe, Que.

London, July 30—Successful air raids on Bruges, Thoroft, Middlekerke and Cheistelle, and Cheistelle, German bases in Belgium, were announced in the admiralty statement today.

JAPANESE SHIPS SUNK IN THE ATLANTIC.

New York, July 27—The Japanese freight steamships, Kagoshima Maru, 4,566 tons gross register, and the Shigozan Maru a vessel of 2,827 tons gross, were sunk by German submarines in the Atlantic ocean on July 20, according to cable advices received by the marine underwriters here today.

The Kagoshima Maru was on her way from an American port to Europe and was lost about seventy miles off the French coast. The other ship was on her way back to this country from Genoa.

The Shigozan Maru, before her purchase early this year by the Japanese was the Mexican steamship General Y Pesquera and was built in Flushing, Holland, in 1892. The Kagoshima Maru was built in 1898 in England, and was formerly the steamship Wilhelmina. The crews of both vessels were saved.

12 Cents a Day for Food Each Day is Plenty

Cambridge, Mass., July 30—"Any person who spends more than 24 cents a day on food can be said to be living in luxury," declared Professor Lawrence J. Henderson, of Harvard, in a lecture today at the university.

"People, by buying the right kind of food, should be able to live on 10 or 12 cents a day. Good buying is essential. The thought that one must have eggs for breakfast every morning and meat at dinner in unnecessary."

Professor Henderson approved of corn bread, white bread, dates and cheap but nourishing meats to cut the cost of living.

"The high cost of living can be cut only through the kitchens," he said. "Our cooks are far from economical, the house-keeper of today has lost art of buying, and nearly 25 per cent of food matter is wasted in the kitchen."

ARMY OF 1,000,000 MEN

Washington, July 24—An American army of 1,000,000 men for service aboard at once instead of the 500,000 contemplated for the first draft, is foreshadowed by the government's request for an additional \$5,000,000,000, made unexpectedly to the senate finance committee today by Mr. McAdoo, sec retary of the treasury.

MODERN MACHINERY SUPERIOR TO HAND WORK

"I the Studebaker plants there are millions of dollars' worth of automobile manufacturing machinery," says J. E. Grady, sales manager of the Studebaker Corporation, Walkerville, Ontario. "The cost of the machines varies from a few hundred dollars to several thousand dollars."

"The motor car manufacturer has led all other industries in the development of accurate scientific and labor-saving machinery. He has had to lead—the nature of his various manufacturing processes demanded special and heretofore unheard of machines to obtain the desired results. And it is generally understood everywhere that skilled mechanics can do better work with machinery of the right kind than by hand."

"The man who forges a steel billet by hand into a given piece or part cannot possibly make two given pieces or parts exactly the same. Unless he has mechanical appliances for exactly measuring the temperature of his forge, he cannot give exactly the same "temper" to each piece of steel. But the same mechanic with the same skill operating with a machine which is absolutely accurate or taking a billet of steel from a heat-treating oven where the temperature of the heat is electrically measured almost to a degree, can obtain the same accuracy and quality in every operation.

"The parts of the Studebaker

Comfort in the Home

The Sunshine Furnace chases chills from coldest corners and insures utmost comfort in the home throughout the winter. Don't buy any furnace or heating plant until you have investigated the merits of the "Sunshine."

McClary's SUNSHINE FURNACE

LONDON TORONTO MONTREAL WINNIPEG VANCOUVER ST. JOHN N.S. HAMILTON CALGARY SASKATOON EDMONTON

For sale by W. W. Rockwell

SHOP TO RENT

To rent, basement shop on Cornwallis Street, size 20x24. Possession May 1st, Rental \$8 per month. Apply to S. S. DeWolfe, or Box 277, Kentville, N.S.

NOTICE

We have removed into the UNION CARRIAGE FACTORY BUILDING and are prepared to handle all kinds of PAINTING work

Bring in your AUTOMOBILES and CARRIAGES and have them PAINTED or VARNISHED ready for the Spring.

We guarantee satisfaction and our prices are reasonable.

Painting AUTOMOBILE NUMBERS a speciality. HOUSE PAINTING and outside work promptly attended to.

YOUNG & McNAMARA

NOTICE

For the rest of the season I am putting on cushion and hard rubber tires at rock bottom prices. Before buying elsewhere all and get my prices, they will surprise you

Also Painting, repairing bike wagon wheels, also Iron and Wood work and Trimmings of all kinds.

Shop in old Canning Factory opposite Hotel Aberdeen.

W. H. HARVEY,

Send for Rate Card

S. KERR President.

We would like to take a SUMMER VACA-TION, but will not get a chance to do so, as some of our students would be inconvenienced thereby. We can stand it, however, as St. John's summer weather is ideal for study.

One of the principles, and other experienced teachers, always in attendance. Students can enter at any time.

KENTVILLE FISH MARKET

"Opposite Post Office" All the FRESH FISH of the Season: Salmon — Mackerel Halibut — Cod Herring Fresh and Salted

J. D. YOUNG All kinds of Fresh Fish in Their Season

Wanted—1st. of May a capable maid for light house work and plain cooking, no washing, highest wages. Apply Mrs. Wm. Young, swtf "FairView," Kentville

FOR SALE

A small Farm situated in Steam Mill Village, Containing Thirty Acres Good House and Barn, Twelve acres cultivated, 3 acres in orchard. Remainder in wood and timber. Apply to Advertiser Office, Kentville.

THE CORRECT WAY TO TREAT A COLD

A cough is not a distinct disease, it is the result of inflammation caused by a cold. Therefore, the only way to cure a cough is to allay the inflammation which invades the delicate bronchial tubes. All of the narcotics in the world will not correct the conditions which cause a cough—they simply deaden the senses and afford temporary relief.

Penslar White Pine and Spruce Balsam with Menthol will promptly soothe and heal the inflamed membranes and overcome the nervous irritation. Price, 25c and 50c the bottle.

CLARK'S

KENTVILLE

Tel. 51