

AILING WOMEN OF MIDDLE AGE

Mrs. Doucette Tells of her Distressing Symptoms During Change of Life and How She Found Relief.

Belleville, Nova Scotia, Can.—“Three years ago I was suffering badly with what the doctors called Change of Life. I was so bad that I had to stay in bed. Some friends told me to take Lydia E. Pinkham's Vegetable Compound and it helped me from the first. It is the only medicine I took that did help me and I recommend it. You don't know how thankful and grateful I am. I give you permission to publish what your good medicine has done for me.”—Mrs. SIMON DOUCETTE, Belleville, Yarmouth Co., Nova Scotia, Canada.

Such warning symptoms as sense of suffocation, hot flashes, headaches, backaches, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and inquietude, and dizziness, are promptly heeded by intelligent women who are approaching the period in life when woman's great change may be expected.

Lydia E. Pinkham's Vegetable Compound invigorates and strengthens the female organism and builds up the weakened nervous system. It has carried many women safely through this crisis.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman, and held in strict confidence.

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NOTE AND COMMENT

It is noticed by a prominent diplomat that when the German people find they have been enthusing over victories that did not happen their enthusiasm shows a certain tendency to wane.

So far as the United States is concerned, it has used the blockade too many times in its own wars to be in a position to protest against the employment of blockade by other nations.—Buffalo Express.

Montreal Herald-Telegraph: The Germans may be able to persuade the Turks that the Russians are being driven sheer into the Arctic, but it will be useless to tell them that those knockings at the doors of the Dardanelles are merely spirit rappings.

Following the lead of Ontario, Nova Scotia will impose a one mill tax on all assessable property in all the municipalities, towns and cities of the Province. The tax is estimated will produce an additional revenue of \$117,000 to meet a deficit of \$113,000.

Two incidents to note, for explanation that will come along all in good time, are the uncertainty of mails to this continent from England for the past three weeks, and the ten day blank in sailings from New York, the first in thirty years. Historians will apportion to the submarines, the commandeering of ships for war purposes, and the strikes in British ports, their shares

in accounting for these phenomena. For us the bare facts are enough to remind us how badly the intricate machinery of an ordinary world has been put out of order.

A "census" of birds by the United States Department of Agriculture shows robins to be the most numerous, with English sparrows a close second. As regards "density of population," there are sixty pairs of sparrows to a square mile and an average of one pair of birds of some kind on each square acre of farmland.

New York American:—The cost of the war, estimated in the second month of the war at \$32,000,000 a day, has now risen, according to official estimates, to \$50,000,000 a day. The human suffering cannot be estimated. It will effect all the nations for generations to come. It is only on the material side that losses can be even approximately stated, and these are staggering.

Britain's Herculean Task

The official eye witness with the British Army has issued a warning against the suggestion that the Germans are a beaten nation. He says that they are still well organized, have abundant resources, are fed up with illusions, and are still confident of ultimate success. No intimation was needed of the magnitude of the task that is before the Allies, but, if there were, this surely implies it. In addition there is also vivid indication that the area of the war will spread in the near future, and that countries now experiencing unrest in their attitude of neutrality will break in on one side or the other. This, of course, means further withdrawals from agricultural and industrial activity. It also indicates greater shortage in Europe of all kinds of foodstuffs, grain, vegetables and live stock, and of horses. This depletion will have to be made up from countries that are enjoying the blessings of peace. One of these is Canada. It is our bounden duty to see that Britain shall not, as far as preventable, suffer from a lack of foodstuffs or of such other useful material as this country can produce. In other words, both men and women are called upon to put forth their best efforts, so that when the time arrives any deficiency can readily be met.

Deafness Cannot Be Cured
By local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, Deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever; blue cases out of ten are caused by Catarrh, which is nothing but an inflamed condition of the mucous surfaces. We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that cannot be cured by Hall's Catarrh Cure. Send for circulars free. F. J. CHENEY & CO., Toledo, Ohio. Sold by Druggists, 75c. Take Hall's Family Pills for constipation.

The Kaiser's Jolt
Kaiser William is up against it; mostly everything is going against him, notwithstanding the boastfulness of his generals and diplomats and newspaper press; he is now in the eighth month of the war, and hasn't got to any place yet, although he started out for Paris, and for the Russian fortresses adjacent to Austria and East Prussia; his mission to the United States for sympathy failed; his mission to South Africa failed; his negotiations in the direction of Ireland met a lamentable fizzle; his embassies to India and to Asia, not to mention his special envoys to Italy and Turkey, have all been disappointments; his only hope seems to be the torpedoing of trade vessels of Great Britain and her allies, and even neutrals. But he could blow up four third-class steamers a day for two months, and he wouldn't affect the fighting qualities of the British Empire and the allies a penny's worth. Even his aircraft has proved disappointing. But the blockade inaugurated by England will be to him a serious matter; in fact he is getting himself more and more into the iron cage.

Yes, the show is to open in the Mediterranean, not in Berlin, as some predicted last fall; or, rather, in Paris as set by the kaiser in August last. Then it was to move over to London, and Wilhelm was to be the stage manager. But the managers of the show seem to be in London, and they plan the events there and fix the dates. They will play the shows to full houses of the applauding nations and people.



The advice given in the most recent announcement of the Department of Agriculture at Ottawa to make your land produce more, cannot be over-emphasized. Millions of bushels, rather than the cultivation of excessive areas, should be Canada's aim. Improved production is only possible by the use of good, pure seed, and by assiduous and knowledgeable attention to the soil. Experience is undoubtedly in farming as in all other objects in life, the best instructor, but, just as fertilizers help the soil, so does acquiring the results of experiments made by others make the road easier to the lesson that is to be learned. Never was there so much necessity for thoroughness and earnestness as now when the markets of the world are wider open, when they are being shifted and former occupants are receiving notice to quit.

As proof that there is abundant room for increased production by improvement, an official statement as follows is presented of the average yield of various products last year, and of the average that is possible:—

	Average.	Possible.
Fall wheat.....	20.43	52.
Spring wheat.....	14.84	33.
Barley.....	16.15	69.
Oats.....	36.30	91.
Corn, grain.....	60.	200.
Corn, ensilage (tons) 12.....	19.	
Peas.....	15.33	37.
Beans.....	18.79	50.
Potatoes.....	119.40	450.
Turnips.....	421.81	1000.

While such results may not be obtainable in every case on the average farm, strict attention to the selection of seed, the use of fertilizers and thorough preparation of the soil will accomplish much. It is estimated that in this way the value of the crops of Canada might be increased in a good season by \$150,000,000, which would be more than enough to meet interest on all the money borrowed by the Dominion from Great Britain or invested in this country.

This is not a burden placed upon the agricultural community. It is a task it is asked to undertake for self-interest and to make the Empire more self-sustained. It is the unity of patriotism and production, for the encouragement of which bulletins and pamphlets giving results of actual experiments by practical men, as well as vast stores of useful information, can be obtained free on unstamped application to the Publications Branch, Department of Agriculture, Ottawa. The best method of procedure is to send for a catalogue and then forward your order, but to save time, it is announced that bulletins on wheat, oats, corn, barley, peas, beans, potatoes, turnips, onions or live stock will be mailed immediately on notification of those wanted.

Clean Stomach, Clear Mind.—The stomach is the workshop of the vital functions and when it gets out of order the whole system clogs in sympathy. The spirits flag, the mind droops and work becomes impossible. The first care should be to restore healthful action of the stomach and the best preparation for that purpose is Parolee's Vegetable Pills. General use for years has won them a leading place in medicine. A trial will attest their value.

A school teacher was instructing her class on the relative value of words and phrases. The phrase "horse sense" was discussed, and she told one of the boys to write a sentence containing that phrase. The boy labored for ten minutes and produced this:—"My father didn't lock the barn door, and he ain't seen the horse sense."

A Message of Importance

WE are bound to make 1915 our best year. To do this we must make greater sales. As a Great Inducement We Offer to Fill Contracts at Ridiculously Low Prices. Get our prices on Lumber, Shingles, Cedar Posts, and all building materials. They will surprise you. It is a generally known fact that there is no town in the West can compete with our prices.

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- Tapping Bits.....\$.20 each
- 22 Gauge Seamless Pans, 5 ft.....\$5.00

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Boy Kills Girl and S

Orangeville, March 18.—A occurred three miles from here 8 o'clock this morning, when Stevens, a 15-year-old boy, in the of Robert Armstrong, murdered the only daughter of Mr. and Mrs. Armstrong, and then cut his own throat. Mr. Armstrong was absent at a laboring farm and Mrs. Armstrong the barn where young Stevens was chores. Returning to the house, removed his boots and outer clothing and taking Mr. Armstrong's razor, admitted the crime in the girl's bedroom. She evidently struggled hard and made her way downstairs at doors in her nightdress as far as the yard, some fifteen yards from the floor, where she died. The boy