

### WEAK, RUN DOWN AND AILING

Lydia E. Pinkham's Vegetable Compound Brought Relief When Other Medicines Failed

Port Mann, B. C.—"I took Lydia E. Pinkham's Vegetable Compound because I was tired and run-down. I had headaches and no appetite and was troubled for two years with sleeplessness. I tried many medicines, but nothing did me any real good. While I was living in Washington I was recommended by a stranger to take Lydia E. Pinkham's Vegetable Compound. I am stronger and feel fine since then and am able to do my housework. I am willing for you to use these facts as a testimonial."—Mrs. J. C. GRAVES, Port Mann, B. C.

Feels New Life and Strength  
Keene, N. H.—"I was weak and run-down and had backache and all sorts of troubles which women have. I found great relief when taking Lydia E. Pinkham's Vegetable Compound and I also used Lydia E. Pinkham's Sanative Wash. I am able to do my work and feel new life and strength from the Vegetable Compound. I am doing all I can to advertise it."—Mrs. A. F. HAMMOND, 72 Carpenter Street, Keene, N. H.

Sick and ailing women everywhere in the Dominion should try Lydia E. Pinkham's Vegetable Compound.

### C. N. R. PRESIDENT ANALYZES EARNINGS

The following official statement has been issued by Sir Henry W. Thornton, Chairman and president of the Canadian National Railways:

"Dispatches emanating from Ottawa have stated that the results from operation on the Canadian National Railways for the months of November and December 1923 must have been of an unusual character and that the large savings must have been effected during those months; to justify the declaration of the president of the company placing the net revenues for the year at \$20,127,447.

"This view is entirely correct. There was a reduction in expenses in the month of November and December 1923 of \$1,924,000 as compared with the corresponding month of 1922; and at the same time an increase in gross revenues of \$690,000; making an increase in the net revenue for that month of \$2,632,000.

"In the month of December, 1923 expenses decreased by \$5,083,000 as compared with December 1922; and the sum of \$1,732,000 representing

gross earnings were increased by an improvement for the month, of \$6,815,000. It should be mentioned that in December 1922; the Canadian National Railways had an operating deficit of \$3,391,000.

The improvement shown in the financial position of the railway during November and December, 1923 was due primarily to a reduction in operating expenses. The administration inaugurated in 1923 a plan of spending money on maintenance in the earlier months of the year when labor is abundant and consequently less expensive, at the same time bringing the transportation machine to its highest state of efficiency to handle the large traffic movement which occurs during the last four months of the year.

"Much was likewise due to constantly improving transportation efficiency; coupled with the conscientious and enthusiastic effort put forth by the officers and employees. Also in the month of December 1922 a number of charges of various kinds had to be taken care of in operating expenses which had not been charged out currently over the other months of that year. The policy of the present administration has been to make each month of 1923 carry its share of the expense of moving traffic and maintaining the property.

"The accounting methods followed on the Canadian National Railways closely adhere to the standard practices in force on the important railway systems on the North American continent; these having been involved through experience and strict governmental regulation. In addition; the accounts of the Canadian National Railways are made the subject of a continuous audit by an independent firm of chartered accountants; George A. Touche and Company of Montreal; Toronto and Winnipeg; on the order of the Canadian Government.

"Other dispatches from Ottawa

**How to Purify the Blood**  
"Fifteen to thirty drops of Extract of Root, commonly called Mother Seigel's Curative Syrup, may be taken in water with meals and at bedtime, for indigestion, constipation and bad blood. Persistence in this treatment will give permanent relief in nearly every case." Get the genuine at druggists.

### SAVED FROM AN OPERATION

Restored to Health By Taking "Fruit-a-lives"

Made of Fruit Juices and Tonics  
The most convincing proof of the true worth of "Fruit-a-lives" as a medicine for women is found in the letters written by them to "Fruit-a-lives". For instance:  
"I suffered with all the symptoms of female trouble, pains low down in the back and sides, constipation and constant headache. A doctor advised an operation. I started taking "Fruit-a-lives" and this fruit medicine completely relieved me of all my misery."

Mrs. M. J. GORSE, Vancouver, B.C.  
50c. a box, 6 for \$2.50, trial size 25c. At dealers or from Fruit-a-lives Limited, Ottawa, Ont.

ave stated that the proceeds of the \$50,000,000 Canadian National Railways bond issue are to be devoted to the payment of fixed charges. The fact is that at least 70 per cent of the proceeds of this issue are to be devoted to the liquidation of capital obligations and to expenditures for capital account. This issue calls for an annual interest payment of two and one-half million dollars being at the rate of 5 per cent. It is the policy of the administration to make only such capital expenditures as will be productive of increased revenue or will result in decreased expenses in an amount that will considerably exceed the rate of interest called for.

### CABINET CHANGES CONFINED TO QUEBEC

Ottawa, Jan. 30—Two Cabinet changes are announced to-night, namely Hon. Ernest Lapointe, Minister of Marine and Fisheries to become Minister of Justice; P. J. A. Cardin, member for Richlieu, appointed Minister of Marine and Fisheries in succession to Mr. Lapointe.

The appointment of Mr. Lapointe fills the vacancy caused by the resignation of Sir Lomer Gouin. Since Sir Lomer Gouin resigned Mr. Lapointe has been Acting Minister of Justice. As Mr. Lapointe already holds a salaried Cabinet position his new appointment will not entail a by-election.

Mr. Cardin's appointment will necessitate a by-election. In the last general election Mr. Cardin carried Richlieu by a majority of 2,662 and in every contest since 1896 the constituency has returned a Liberal to the Federal House.

Hon. Mr. Cardin has represented Richlieu county in parliament since 1911. He was born in 1879 in Sorel, Que. where he now resides. He studied law at Laval University and was admitted to the bar in 1908. He has been counsel for the city of Sorel for ten years as well as counsel for all the municipal councils in Richlieu county. He had been a member of the council of the Bar of Montreal as representative of lawyers practising outside that city. He has argued many cases in the Supreme Court of Canada, the Quebec appeal court; the railway commission and the public utilities commission.

Mr. Lapointe and Mr. Cardin were sworn in before the Governor General at Rideau Hall.

The present appointments it is understood; conclude present plans for Cabinet readjustment. There have been rumors from time to time of the likelihood that a Maritime man would be appointed to the Department of Marine with a shuffling round of other portfolios; but this idea apparently has not been adopted.

Horses of single horse-power are dragging 400 horsepower automobiles out of snow drifts, fardes the horse light.

### SHOP WHERE YOU ARE INVITED TO SHOP

Help on the business of those who show themselves eager to have your custom—who invite it and prize it enough to ask for it through the columns of The Advocate—your favorite newspaper. Reward with your favor those who solicit your favor. Shop where you are invited to shop. A man's advertisement is your invitation and your guide. It means that he wants and appreciates your business and is proud enough of his store or service to advertise it.

### THE OUT-OF-DATE MAN

"The man who does not keep up with modern business; who does not make use of modern advertising resources, is like a man using an old covered wagon to go to San Francisco in preference to a railroad express. Good advertising will bring new business, which should more than pay for its cost. The cost is not necessarily paid in selling the article. It pays to advertise for to-morrow.

"The increased turnover resulting from advertising" he continued, "more than pays for the apparent increase in cost. The consumer pays no more, because the producer can accept a smaller margin of profit because of his greater sales."

—Lord Leverhulme.

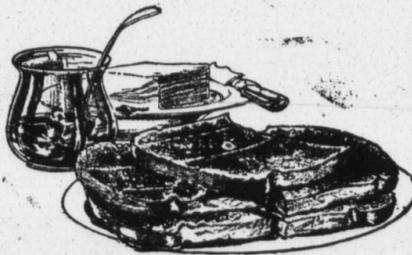
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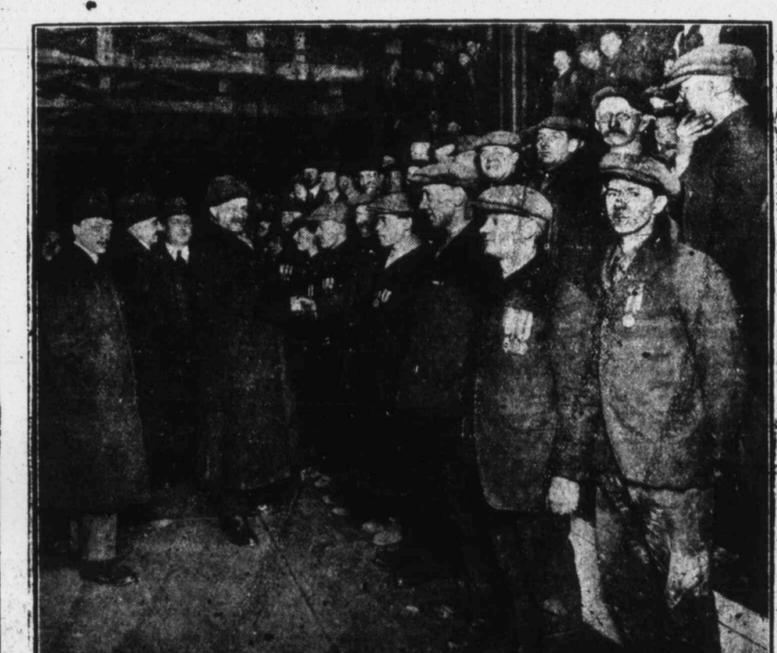
Possibly some citizens prefer playing golf Sundays instead of going to Church, because the rules at least are agreed upon.

With the cream left in!  
**Borden's ST. CHARLES**  
STERILIZED MILK  
**Your Grocer Is A Borden Milkman**  
Free Recipe Book—Write the Borden Co., Limited, Montreal.

Children Cry for  
**Fletcher's CASTORIA**  
MOTHER! Fletcher's Castoria is a harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, prepared to relieve Infants in arms and Children all ages of  
Constipation Wind Colic  
Flatulency To Sweeten Stomach  
Diarrhea Regulate Bowels  
Aids in the assimilation of Food, promoting Cheerfulness, Rest, and Natural Sleep without Opiates  
To avoid imitations, always look for the signature of *Dr. J. C. Fletcher*  
Proven directions on each package. Physicians everywhere recommend it.

**Western Steer Beef**  
Fresh Pork, Ham, Bacon, B. Bacon, Bologna, Rose Brand Cooked Ham, Good Cornbeef, Back Pork, Clear Cut Pork and Spare Ribs.  
Finna Haddie, Smoked and Fresh Fillets, Kippers, Boneless Cod and No. 1 Fat Herring.  
**A FULL LINE of GROCERIES and FRUIT**  
Try our Bulk Tea, its good, at.....60c  
Pure Lard in 1 lb. pkgs. at.....23c  
Nova Scotia Apples, per pail.....35c  
6 lb. Good Clean Onions for.....25c  
3 Cakes Cream Olive Toilet Soap and 1 Soap Doll for.....25c  
**H. A. TAYLOR**  
PHONE 48 THE RITCHIE STORE

  
**the tastiest tit-bit**  
No breakfast is complete without those tasty morsels of flaky, even grained bread toasted to a delightful nut brown. The most delicious toast is made from bread baked with Robin Hood Flour as from it you get the fullest and finest flavor of selected Western Hard Spring Wheat. There's a "Money Back" Guarantee in every bag of  
**ROBIN HOOD FLOUR**

**LORD BYNG MEETS SIX-HUNDRED OLD COMRADES**  
  
The Point St. Charles (Montreal) shops of the Canadian National Railways hold the honor of having sent more men overseas than any one industrial firm in Canada. Six hundred of these veterans were inspected recently by Lord Byng during a visit to the shops. General Byng, accompanied by his staff, was met at the shops by the men who had served with him in the Great War. The men were drawn up in four ranks the length of the main shop. The general, in the center of the group, was met by the men who had served with him in the Great War. Mr. F. C. Wagon, Superintendent of Highway Power, Canadian National Railways; Mr. T. M. Hyman, District Superintendent of Shops, Canadian National Railways, and His Excellency Lord Byng of Vimy, Governor General of Canada, were also present.