

THE CHANGE OF LIFE

INTELLIGENT WOMEN PREPARE

Dangers and Pain of This Critical Period
Avoided by the Use of Lydia E. Pinkham's Vegetable Compound.



How many women realize that the most critical period in a woman's existence is the change of life, and that the anxiety felt by women as this time draws near is not without reason?

If her system is in a deranged condition, or she is predisposed to apoplexy or congestion of any organ, it is at this time likely to become active and, with a host of nervous irritations, make life a burden.

At this time, also, cancers and tumors are more liable to begin their destructive work. Such warning symptoms as a sense of suffocation, hot flashes, dizziness, headache, dread of impending evil, sounds in the ears, timidity, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and inequity are promptly heeded by intelligent women who are approaching the period of life when woman's great change may be expected.

Lydia E. Pinkham's Vegetable Compound is the world's greatest remedy for women at this trying period, and may be relied upon to overcome all distressing symptoms and carry them safely through to a healthy and happy old age.

Lydia E. Pinkham's Vegetable Compound invigorates and strengthens the female organism, and builds up the weakened nervous system as no other medicine can.

Madame Louis Belleau, of 17 Ramsay St., Quebec, Que., writes:

Dear Mrs. Pinkham:—
"Lydia E. Pinkham's Vegetable Compound assisted me to pass the change of life with but very little sickness and pain, and I am pleased to give it my endorsement, for I feel that it is the medicine which every woman should take. I am the mother of three children, and when I reached the age of fifty naturally my health was none too good, and I feel sure that if I had not taken your Vegetable Compound I should not have passed the climax safely. I took it off and on for two years and now find that I am in splendid health and strength and feel younger and better than I did ten years ago. Much praise to your medicine, and may all suffering women learn of its value."

For special advice regarding this important period women are invited to write to Mrs. Pinkham, Lynn, Mass. It is free and always helpful.

FOR SALE

FARM AT LOWER SELMAH. A great bargain 100 acres, Hay, Tillage, orchards, 60 trees, all in bearing. Cut 30 tons hay could be made cut 50 tons, has wintered 18 head of cattle, 6 horses and 12 sheep. House 18x33, Ell 24x16, Barn 60x39, wagon and tool house 24x26 one of the best mud privilege on the Cobeguid bay—sufficient to keep up the farm for all time, has a fine wood lot and pasture. Price \$14,000. Address A. A. Ford, Berwick and Hants County, Real Estate Agent
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The Home

QUIET MANNERS.

I wish cities could teach their best lesson—of quiet manners. It is the foible, especially of American youth—pretensions—Ralph Waldo Emerson.

Emerson's wish in regard to the "lesson of quiet manners," is especially applicable to women. It goes along with what Shakespeare says about the excellent virtue of "a soft voice," that is so evidently an accompaniment to "the quiet manners."

Wherever the avocation of the environment of women places her, however lowly or exalted her station may be, her influence is immeasurably increased or lessened by her cultivation, or non-cultivation, of "quiet manners," and all that is included under so comprehensive a term.

The woman of "quiet manners" is the woman of quiet dress. Not shabby dress, but that which avoids every tendency toward the flashy and conspicuous, that which is in entire harmony with the personality of the wearer, and adds dignity and force to the influence which dominates it. Loud taste and pretension go hand in hand with loud manners and loud speech, as onlookers, like Emerson, have every reason to know.

"Quietness of manner" is the truest mark of culture, that which is closely associated in womanly composition with modesty and refinement. The more truly cultured a woman is, the more rightly will she be able to estimate her intellectual attainments and the more effectually to make use of such attainments, through proper and legitimate channels. All pretension is abhorrent to her as, being the hallmark of shallowness and superficialism. She wins her way and holds her own by the exercise of a courtesy and a tact which rarely jostles feelings, or awakens prejudice.—Exchange.

ABOUT THE CARE OF THE FEET.

This is the hardest season of the year to keep the feet comfortable and free from corns. The latter may be removed by a preparation of salicylic acid and collodion, the proportions of which are known to every druggist. At least twice a week every bit of callosities must be shaved off with a sharp knife or pair of scissors. Talcum powder rubbed well into the feet and toes, both night and morning, by absorbing perspiration, will prevent

Care must be taken that the toes are thoroughly dried. Moisture left between them causes the skin to break. Swelling of the feet is usually an indication that the liver or kidneys are not performing their functions properly. This is a signal that the system needs a good cleansing with gentle cathartics or an effervescent laxative. If the feet swell after a long, hot day, immerse them in a bath of warm water in which have been dissolved one ounce of alum, two ounces of rock salt, and two ounces of borax.—Exchange.

COCERNING PIANOS.

"A piano," said a dealer, "will sound better standing directly on the floor and in a room simply furnished than it will standing on a carpet in a room elaborately furnished, having heavy hangings on the walls and so on.

"Sometimes a piano will develop, or seem to develop, a flaw in some one note, which seems to have a rattle, or jingle or unpleasant burr to it. But this jarring sound, which seems to come from the piano may in reality come from some source quite outside of it.

"Any given note, when struck, produces a certain number of vibrations to the second. There may be in the room some object that is in tone sympathy with some particular note, and that will be set in motion by it when that note is sounded.

The owner of a fine piano sent to us one day to say that there was something wrong about a certain note of the instrument, so that that note had an unpleasant sound when struck. When I heard the note sounded I

knew at once that the disagreeable roughness or burr about it was due not to any defect in the piano, but to something somewhere about in the room, and asking the lady to strike the note occasionally I walked around the room, to see if I could locate it.

Passing across the middle of the room, as that note was struck, the cause of the jarring accompaniment of it was discovered to come from the vibration of one of the glass globes on the chandelier overhead.

The owner of the piano was almost incredulous as to this, the sound had seemed so plainly to come from the piano itself. But when, at my request she stood under the chandelier and I struck the note she was readily convinced.

I made the globe unmovable, and then struck the note on the piano. The answer was clear and sweet and true.

"So you see the sound of a piano may for one thing depend much upon its surroundings; and what may seem to be a defect in a piano may be in reality attributable to something quite apart from the piano itself.

"And thus it might easily be that some noble instrument that had seemed to be declining, or to be developing faults, owed its apparent change to a change of environment, or to some specific outside cause, and was in reality as good as ever, as would happily be discovered whenever the instrument was again brought under favorable conditions."—New York "Sun."

The oldest ship in the United States navy is the frigate Constellation, which is 44 days older than the Constitution, familiarly known as Old Ironsides. She was launched on Sept. 7, 1797, and the Constitution on Oct. 21, 1797.

The late Bishop of London was once ordered by his physician to spend the winter in Algiers. The bishop said it was impossible; he had so many engagements. "Well, my lord bishop," said the specialist, "it means either Algiers or heaven." "Oh, in that case," said the bishop, "I'll go to Algiers."

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"I was troubled with piles for several years before I would let it be known. But at last they became so severe that I could not walk and I had to take to my bed. I tried everything. Instant relief can be gotten by using the marvelous Pyramid Pile Cure. It immediately reduces all congestion and swelling, heals all sores, ulcers and irritated parts.

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Dr. Fowler's has stood the test for 60 years, and has never failed to give satisfaction. It is rapid, reliable and effectual in its action and does not leave the bowels constipated. REFUSE ALL SUBSTITUTES. THEY'RE DANGEROUS.

Mrs. BROWN LUK, Aylmer, Que., writes: "I have used Dr. Fowler's Extract of Wild Strawberry for Diarrhoea for several years past and I find it is the only medicine which brings relief in so short a time."

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