

TO WOMEN OF MIDDLE AGE

This Woman's Letter Tells You How To Pass The Crisis Safely.

Lacelles, P. Q.—"During the Change of Life I felt so weak and run down I could hardly do my work. The perspiration would pour over my face so that I couldn't see what I was doing. We live on a farm, so there is lots to do, but many who feel as I did would have been in bed. I took Lydia E. Pinkham's Vegetable Compound and it did me a world of good. I tried other remedies but I put Vegetable Compound ahead of them all, and I tell every one I know how much good it has done me."—Mrs. DUNCAN BROWN, Lacelles, Prov. Quebec.

Such warning symptoms as sense of suffocation, hot flashes, headaches, backaches, dizziness, and impending fainting, tremors, sounds in the ear, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and dizziness should be heeded by middle-aged women, and let Lydia E. Pinkham's Vegetable Compound carry them safely through this crisis as it did Mrs. Brown.

You are invited to write for free advice. No other medicine has been so successful in relieving woman's suffering as has Lydia E. Pinkham's Vegetable Compound. Women may receive free and helpful advice by writing the Lydia E. Pinkham Medicine Co., Lynn, Mass.

Gulf Laxatives; Purges; Try NR

NR Tonight—Tomorrow Feel Right

It is a mistake to continually dose yourself with so-called laxative pills, calomel, oil, purges, and cathartics. These cause bowels to become sluggish and liver and stomach to become inactive.

Why don't you begin right today to purging your constipation and get your system in such shape that daily purging will be unnecessary? You can do so if you get a box of Nature's Remedy (NR Tablets) and take one each night for a week or so. NR Tablets do much more than merely cause prompt laxative action. This medicine acts upon the digestive as well as eliminative organs, promotes good digestion, causes the body to get the nourishment from all the food you eat, gives you a good hearty appetite, strengthens the liver, overcomes indigestion, regulates kidneys and bowels, and gives the whole body a thorough cleansing out. This accomplished you will not have to take any more pills. The box of Nature's Remedy (NR Tablets) and prove this. It is the best laxative medicine that you can use and costs only 25c per box, containing enough to last twenty-five days. Nature's Remedy (NR Tablets) is sold everywhere and recommended by your druggist.

Nature's Remedy
Better than Pills
For Liver Ills
GET A 25c Box

Some Points in the Rearing of Dairy Heifers

To make the most profit from live stock, the aim should be to utilize the home grown food materials to the fullest possible extent consistent with rational feeding. In the maritime provinces where but a small portion of the country's grain and food requirements is grown and where hay and roots are easily produced it will usually be found most economical to limit grain feeding as far as possible.

This general rule may however be violated with profit in starting the calf, for there is no time in the animal's life when a pound of grain will give as much gain in growth as when the animal is under a year old, and it will pay every time to give the dairy heifer a good start. At the Experimental Station, Fredericton, the following is the system followed to bring heifers to a live weight of from 550 to 300 lbs at 12 months.

The calf is taken from its mother at birth and for the first 30 days of its life it gets whole milk beginning with 5 lbs. per day and ending with 12 lbs. averaging about 8 1/2 lbs per day, or 250 lbs at \$1.25 per 100 lbs. which costs \$3.12. A small handful of oat meal may be thrown on the bottom of the pail from the time the calf is 3 weeks old, for it to lick at after drinking its milk. During the fourth week the calf gets an increasing proportion of warm sweet skim milk mixed with the whole milk. For the next five months the heifer will get an average of 15 lbs. of skim milk per day with bottled oil cake added at the rate of a quarter of a pound per day, or \$1.50 and the skim milk at 25c per 100 lbs. costs \$5.62. A grain mixture composed of corn meal 3 parts, ground oats 2 parts, wheat bran 1 part, and ground oil cake 1 part, is preferred costing approximately 4c per lb., but lately fine ground wheat screenings containing a considerable proportion of wild buckwheat has been used in place of corn, with almost equally good results. An average of one pound per day of this mixture is fed which will cost from 3c to 4c per lb. according to circumstances, or a total of \$5.00 for the period. Some hay and roots or green feed according to the time of year would be given. Three lbs. per day of hay would be fed on the average which at \$7.00 per ton green feed and roots, say 500 lbs. would be worth \$1.57; while the green feed and roots, say 500 lbs would cost about 75c, a total cost of feed for the first six months of \$17.61.

For the second six months of the heifer's career she gets an average of 2 1/2 lbs. grain mixture per day composed of 3 parts wheat bran, 2 parts ground oats and one part oil cake, costing at last winter's prices \$13.47; 3 lbs. of hay per day cost-

ing \$5.15; 10 lbs turnips per day costing \$2.96 and 10 lbs ensilage or green feed per day costing \$2.77. The food cost for the second six months totalling \$24.35, a food cost for the first year of \$42.69.



For the second six months the grain ration could be reduced considerably with probably no loss in the future utility of the heifer as a dairy cow. In fact with plenty of well cured clover hay or abundance of oats, peas and vetch green feed or silage, the grain could be omitted altogether, which would take off at least \$10.00 from the food cost with merely the probable results of the cow attaining less size at maturity.

During the second year the heifer had a feed bill at the Experimental Station of \$45.68. Pasture cost \$5.00 and grain \$18.15. This latter charge might be practically wiped out if a reduction in size of cow is not too great an objection. The heifer should be bred to come in at from 2 years to 2 1/2 years old and after she is three to four months pregnant it will pay, no matter what the cost, to feed liberally. At the Experimental Station up to 7 lbs. of grain per day was given; and this is a period in the heifer's life when she as well as the calf, should be developed with ample nourishment. Three lbs. wheat bran, 2 lbs. crushed oats and 2 lbs. oil cake was the mixture. This, with 12 lbs. hay, 25 made up a ration that brought them in with splendid padder development and ready to give a good account of themselves at the pail.

SHILOH
30 YEARS COUGHS

Favorable Health Prospect for 1920

The first half of 1920 shows the best health record for this part of the year in the history of the Metropolitan Life Insurance Company. The death rate, 11.8 per 1,000 industrial policyholders, maintains the remarkably low experience of the last half of 1919. The country has enjoyed a condition of unexampled good health for the period of a year, except for the months of the influenza outbreak in February and March. Barring unforeseen disturbances in the fall and winter, 1920 should prove to be the best year in the sanitary history of the United States. The accumulated efforts for better public health are bearing results.

The improvement is noted very generally throughout the country. It is equally evident among white and colored people. This desirable condition has been attained through a decline in the death rate for tuberculosis, influenza and pneumonia, and the accidents. The most significant fact in the record of this year is the drop in the tuberculosis death rate, which among insured wage earners is now approaching that found in the general population. This is a remarkable achievement in view of the uniformly higher rates for tuberculosis which have prevailed among those engaged in industry.

There are, however, a few, but important, conditions which present unfavorable features as compared with the record of last year. This, the infectious diseases of children, including measles, scarlet fever, whooping cough, and diphtheria, show higher rates in each instance than during the first half of 1919. The mortality was almost three times as high for measles and over twice as high for whooping cough. The conditions incidental to child-bearing increased almost 12 per cent over the rate for the first half of 1919. Puerperal septicemia appears to be largely responsible for this. The slightly higher birth rate of 1920 may play a part in the increase; but, there are undoubtedly other and more important factors. The movement for the better care of women in childbirth should be advanced in every possible way to control this loss of valuable lives.

The automobile accident situation, as an element in mortality, becomes more pronounced from month to month, and offsets the gains that are being accomplished from the control of other conditions. In April, the automobile accident death rate was 8.1 deaths for every 100,000; in May, the rate reached 9.0; in June, the figure was 12.4 per 100,000. In July, as is shown in the table on page 7, the rate rose to 13.5 per 100,000. This rate is higher than that for ten years' important causes shown in the table for July.

Low as are the figures for the first half of this year, reflections will show that there is still much room for improvement. Many lives can be saved from the infectious diseases of childhood, from maternal mortality, and from the accidents. The limits of life conservation are still far from having been reached.

Freight and Passenger Rates Increased

By virtue of a judgment which will be issued from the offices of the board of railway commissioners railway companies in Canada are granted an increase of fifty per cent in Eastern Canadian freight rates, effective on Monday next, September 13, and to continue in force until December 31.

After December 31, the increase in the freight rates in eastern Canada is reduced from forty to thirty-five per cent in western Canada from thirty-five to thirty per cent.

Simultaneously with the increase in freight rates, passenger rates all over the country are advanced twenty per cent so long as they do not exceed four cents a mile. This increase is effective only to December 31st.

After that date and for the period from Jan. 1, 1921, to July 1, 1921, a ten per cent increase is authorized. Following July 1, passenger rates return to those in force at the present time.

The judgment will authorize increases of fifty per cent in sleeping and parlor car rates and an increase of twenty per cent in the rate on excess baggage.

No increase authorized in the rates on milk.

Authorization is given for an increase in freight on coal from ten to twenty a ton.

A summary of the judgment, which has been handed down by the railway commission in the application of all Canadian railways for increased rates was given out by the chief commissioner, Hon. F. B. Carroll.

Children Cry for Fletcher's



Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children that brought Castoria before the public after years of research, and no claim has been made for it that its use for over 30 years has not proven.

What is CASTORIA?

Castoria is a harmless remedy for Castor Oil, Paregoric, Drops and Soothing Syrup. It is pleasant. It contains neither Opium, Morphine, or other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Comfort—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of
Chas. H. Fletcher
In Use For Over 30 Years
THE CENTAUR COMPANY, NEW YORK CITY

DEPARTMENT OF HEALTH, N.B.

VITAL STATISTICS

Burial Permits

RURAL DISTRICTS

As there is at times, some difficulty experienced in rural districts in obtaining permits for burial, the following proviso from the Public Health Act, 1918, may be of interest to those concerned:

Section 35 . . . "Provided, however, that in country districts, a burial may take place without such authority being given by the sub-district Board of Health, so long as the cause of death and notice of burial shall be given within thirty days, by mail, to the Sub-district Board of Health by any of the parties mentioned in sub sections (a), (b), (c), and (d) of this section."

The Department of Health, however, requests that, whenever at all possible, permits for burial be obtained by the undertaker, and that only in extreme cases this proviso be exercised.

Fredericton, N. B.

In any or all of these services. No increase is authorized in the rates in commutation fares, nor in the minimum class rate scale, or the minimum charge for shipment.

CONDITIONS IN FLOUR MARKET

The flour market has been influenced downwards by the bumper wheat crop in the west, and the quotations of the wholesalers' guild show a decrease in price of 25 cents per barrel and 50 cents per bag. A further decline of 50 cents is anticipated when the flour from new wheat comes on the market, probably early in October.

This year's wheat will be milled according to the pre-war, high grade pattern.

A feature of the flour report is that the difference in price of cereals is now \$1.15 in favor of jobs sold or compared with barrels to that of the old differential of 75 cents.

CATARH CANNOT BE CURED WITH LOCAL APPLICATIONS

As they cannot reach the seat of the disease, Catarrh is a local disease, generally influenced by constitutional conditions, and in order to cure it you must take an internal remedy. Hall's Catarrh Medicine is taken internally and acts thru the blood on the mucous surfaces of the system. Hall's Catarrh Medicine was prescribed by one of the best physicians in this country for years. It is composed of some of the best tonics known, combined with some of the best blood purifiers. The perfect combination of the ingredients in Hall's Catarrh Medicine is what produces such wonderful results in curable conditions. Send for testimonials free.

F. J. CHERRY & CO., Props., Toledo, O. All Druggists Sell. Hall's Family Pills for constipation.

BEAVER FLOUR

IMPROVES all bakings and makes bread, pies, cakes and pastries which are delicious, real food treats. Try it! Sold by your grocer.

THE T. H. TAYLOR CO.
CHATHAM, ONT.