

# A NERVOUS BREAKDOWN

### Miss Kelly Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health.

Newark, N. J.—"For about three years I suffered from nervous breakdown and got so weak I could hardly stand, and had headaches every day. I tried everything I could think of and was under a physician's care for two years. A girl friend had used Lydia E. Pinkham's Vegetable Compound and she told me about it. From the first day I took it I began to feel better and now I am well and able to do most any kind of work. I have been recommending the Compound ever since and give you my permission to publish this letter."—Miss FLO KELLY, 476 So. 14th St., Newark, N. J.

The reason this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, was so successful in Miss Kelly's case was because it went to the root of her trouble, restored her to a normal healthy condition and as a result her nervousness disappeared.

### BELGIANS CHECKED FIRST SIGNS OF GERMAN OFFENSIVE.

#### Stirring Story of Ten Men at Bridge-head With Machine Gun Holding Half a Battalion.

(By The Associated Press) British Army Headquarters in France, March 8—Great gallantry and individual heroism was displayed by the Belgian soldiers in the face of great odds in the blooded zone northwest of Dixmude Wednesday. The German attack was futile. This operation has been characterized as a raid, but, as in the case of the recent attack on the Portuguese there is little doubt that the Germans mean to occupy certain posts permanently. They succeeded temporarily in one place, but were driven out with heavy losses after spectacular fighting. King Albert personally congratulated his troops on their remarkable work.

#### Ten Men Hold Three Hundred.

A Belgian commander, at this juncture with only nine men and a machine gun occupied a bridge head, where he resisted three hundred Germans and twelve machine guns for an hour before help arrived in the shape of a patrol headed by a lieutenant. With this small reinforcement the Belgian commander took the offensive, rushing and re-capturing the position taken by the Germans in front of a small bridgehead. Several German prisoners and machine guns were taken in this daring assault.

In the meantime, the chasseurs had been organized for a counter-attack and these troops advanced under excellent support by the Belgian batteries. In order for the chasseurs to reach the posts held by the Germans it was necessary for them to cross the flooded space on a single board walk, which was dominated by German artillery and machine gun fire. Dismounted horsemen went forward as though on parade amid the crashing of great shells and hurled themselves fiercely upon the invaders. Sanguinary fighting followed and at 1 o'clock in the afternoon the Belgians succeeded in taking the first of seven posts lying in a semi-circle in front of the bridgehead. The savage battle continued until 5.30 in the afternoon when the last of the posts was regained.

The German losses were exceedingly heavy. Forty bodies were found lying on the barbed wire alone, while many perished under the gruelling fire of the Belgians. One German officer was decapitated by a

shell as he was running away. Five officers and 111 men were captured, together with twelve machine guns.

The Germans claim to have captured a considerable number of Belgians and they undoubtedly carried away some prisoners. Although it is impossible to give the exact total of the Belgian losses, they were light.

### ROAD MAKING.

There are many miles of roads which must be maintained by some means, more or less inexpensively. On the Dominion Experimental Farms, the Split-Log is found to be one of the most useful implements for this purpose. It is now in use in many localities and an increasing mileage of the rural highways of this country is being kept in repair economically by the use of this simple implement.

### Construction of the Split-Log Drag.

A dry, sound red cedar log is the best material for a drag, the hard woods being usually too heavy for this purpose. The log should be from seven to eight feet long and from ten to twelve inches diameter and carefully sawn down the middle. The heaviest and best slab should be selected for the centre, both flat sides to the front and set on edges thirty inches apart, giving the back half a set-back of sixteen to eighteen inches at the right end so that when the drag is drawn along at an angle parallel to the ditch on the right side of the road, the end of the back half will be directly behind the front half, as otherwise the ditch end of the rear slab would stick out past the ditch end of the front slab, crowding into the bank and interfering with the proper working of the drag.

Two cross-pieces are wedged in two-inch auger holes bored through the slabs and on the right hand side a piece of scantling inserted between the ends of the slabs. This is of great value in strengthening and stiffening the end of the front slab.

In working a clay or gumbo road it is advisable to put iron on the lower edge of both flat sides. Handles may be attached to a piece of iron similar to a piece of wagon tire, the irons to be hinged to the back of each end of the front slab. By pressing the handles the drag could be raised, thus depositing a load of dirt which is desired to fill a hollow or increase the crown at some particular spot.

A platform of inch boards held together by three cleats should be placed on the stakes between the slabs. These boards should be spaced at least an inch apart to allow any earth that may heap up and fall over the front slab to sift through upon the road again. The end cleats should be placed so that they will not rest upon the cross stakes, but drop inside them. These cleats should extend about an inch beyond the finished width of the platform. An extra weight may be added if necessary but it is seldom needed.

To use the drag, attach a chain to the left cross piece which is behind the front slab, running the other end of the chain through the hole in the front slab near the right end. It is a mistake to hook this end of the chain over the front slab as in the case of the other end when the drag strikes a stone or snag there is great danger of toppling forward. With the right end of the chain drawn through the hole in the slab as suggested, this danger is entirely obviated.

The operation of the drag is very simple though there are many fine points that may be learned by experience. For ordinary smoothing purposes, the drag may be drawn up and down the road one or two rounds commencing at the

### WEAK, ANAEMIC GIRLS.

#### Can Regain Good Health Through Dr. Williams' Pink Pills.

Bloodlessness is the trouble of many girls who ought to be full of life and good spirits. Instead they are pale, their lips have no color; they have no appetites, their digestion is poor, and if they walk fast, either in the street or going up stairs they are so tired and out of breath that their hearts beat as if to bursts. Always such girls are thin, flat-chested and sallow, with nothing attractive about them. If they do not get better they will have a cough in the winter and then, not unlikely, consumption, that most hopeless of all diseases will develop. No girl should be like this. She should be plump, rosy-checked and full of life, able to talk fast and to stand exertion without being breathless and palpitating. To be in this healthy, happy condition she must have plenty of good, rich, red blood as it is only through the blood that the body can be healthy. And the only medicine that will keep the blood supply rich and red and pure is Dr. Williams' Pink Pills. Their effect upon the pale, weak girl who gives them a fair trial is wonderful. They improve the appetite, back aches and headaches disappear, the glow of health tinges the cheeks, the eyes sparkle, and the step becomes light and elastic. Thousands of girls throughout Canada owe their health and attractive appearance to Dr. Williams' Pink Pills and do not hesitate to say so. Miss Jennie Book, Beamsville, Ont., says:—"I suffered for over two years from anaemia, and gradually grew very ill. Previously I had been strong and robust, but grew pale and a mere shadow of my former self I tried several medicines, and while some seemed to give me temporary relief, I soon grew worse again. As the months went by I began to despair of getting better, when my mother happened to read an advertisement of Dr. Williams' Pink Pills and suggested that I should try them. By the time the first box was finished I knew they were helping me, and I continued the pills for nearly three months, using in all nine boxes, when I was restored in every respect to my old time strength. This was several years ago, and as I have not since had any return of the trouble, I cannot speak too highly of Dr. Williams' Pink Pills as a permanent cure for this trouble, and I strongly recommend them to all anaemic girls."

You can get these pills through any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

edge and working towards the centre. Usually it is drawn at an angle of about 45 degrees. For the last stroke or two the drag may be drawn backward with the round side of the slab to the front and with comparatively little angle.

There are two stages when roads will drag and one when you cannot do a job satisfactorily. The first stage is when they are in a very sloppy condition inspiring or in other seasons after a heavy rain. A road may then be shaped up wonderfully well, and after the surface has a chance to dry a little, before it is cut up with traffic, it will make a smooth, fine road. Dragging at this stage fills ruts and sends the water to the ditches. After this soft stage, comes a sticky stage when the mud will roll up under the drag and the road cannot be reduced to a satisfactory condition. After this again, when the surface approaches a crumbly texture, the drag may be used very successfully.

Minard's Lintment Relieves Neuralgia

### A PROMISING NEW WHEAT.

By bringing out Marquis wheat the Dominion Department of Agriculture did a service to Canada and to the Empire that it would be difficult to over-estimate. On account of its vigorous habits of growth, excellent yield and superior milling qualities this variety which year after year as an exhibit from Western Canada has carried off premier honors at the International Soil Products Exhibition in the United States, has largely supplanted the old standard Red Fife that also gained for Canadian wheat an enviable reputation in the flour markets of the world.

A service rendered by the introduction of Prelude a few years later was also of great importance, inasmuch as it extended the wheat-growing area of this country by millions of acres. To these two very valuable accessions to the hard wheats of Canada is to be added a new sort that comes midway between Marquis and Prelude in the matter of yield and ripening. This new sort has been produced at the Central Experimental Farm, Ottawa, by Dr. Chas. E. Saunders, the Dominion Cerealist, who gives the following account of the new wheat in the March number of The Agricultural Gazette, the official organ of the Federal Department of Agriculture:

"The new wheat, which has been named Ruby, Ottawa 623, possesses characteristics in ripening and other qualities midway between Marquis and Prelude. It is beardless, possesses hard, red kernels, gives a fair yield, and makes flour of the highest quality in regard to colour and strength. Bread made from it ranks in the first class. This wheat is the result of a cross between Downy Riga and Red Fife. Downy Riga was produced from two early sorts, Gehun, an Indian variety, and Omega from Northern Russia. Ruby is recommended for trial where Marquis does not ripen satisfactorily. A very limited distribution of five-pound samples is being made to farmers requiring an early sort. A sufficient crop will be grown this year on the Experimental Farms to provide for a generous distribution next Spring."

The boys of Canada are being called to the front at home is to aid in the work of increased production on the farms. "The Soldiers of the Soil" will wear a special khaki uniform, and those who work the full three months on the farm will be presented with a bronze badge of honor. The work of March 17 to 23 has been set aside for enrolment week.

The citizens of Calgary are now receiving milk from the Union Milk Company, Limited, which concern has been formed



### At 50 years of age THE KIDNEYS NEED HELP

There is no reason why, when a man or woman reaches the fifty mark, he or she should not feel full of energy and happiness. It is true, greater care must now be taken to drive away the forces which, if neglected, may develop. Proper attention to the Kidneys suggests

### GinPills FOR THE KIDNEYS

At the first evidence that Kidneys are not working properly, that is, if you have pains in the back or sides, twinges of rheumatism, constant headaches and restless nights, swollen joints or urinary troubles, take GinPills. You will benefit almost from the first dose. It costs nothing, if you are not benefited, for the doctor will refund the money back if not satisfied.

Get a box or 6 boxes for \$2.00. A free sample if you write to National Drug & Chemical Co. of Canada, Limited - Toronto U. S. Address: No-Drug Co., Inc. 202 Main St., Buffalo, N.Y.

by the amalgamation of the four largest dairy companies in the city. Cost of distribution has thus been reduced to a minimum.

### Be Canny With Food.

Two hundred pounds of codfish were caught by Canadian fishermen last year, of which only 5 per cent were consumed at home. Canadians at home should eat more codfish and save pork an d beef for the fighting men.

### Peel Thin and Win.

Maple sugar and maple syrup were never in greater demand than this year, and it is doubtful if prices to producers were ever so high. Sugar is quoted at 16 to 18 cents for best quality.

### Wise Wives Won't Waste.

Vacant lot and home garden production is to be a feature of the Canada Food Board's campaign in 1918. The Dominion Department of Agriculture has received reports from all the principal centres of population in the country as to plans for the coming season, and the movement is wide spread.

Capt. Vernon Castle, who had a national reputation as a dancer, has been killed in Texas, while practicing as an aviator.

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**Ich Dien.**  
(I Serve.)

The motto of the Prince of Wales might be adopted as the slogan of modern business. "To Serve" is the keynote of 20th century merchandizing. The up-to-date merchant realizes that it is good business, as well as good morals, to render real service to his patrons, and he tells you about it in his advertisements.

It pays to patronize consistent advertisers. They are modern in their methods and imbued with the modern spirit of service.

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