

PAINS ACROSS THE BACK

Relieved by Lydia E. Pinkham's Vegetable Compound

Mitchell, Ontario.—"I have taken your medicine for a number of years. I do not take it steadily all the time, but I am never without it. I always keep it in the house. I took it first for pains in the abdomen and bearing-down pains, headaches and pains across the back. I have my home to look after and many a day I could not get up at all. I saw the advertisement in the paper about Lydia E. Pinkham's Vegetable Compound, and Mrs. John Miller told me about it, too. Every time I take it, it makes me feel better and I always recommend it to my friends. I am willing to answer letters from women asking about this medicine and you may use this letter as a testimonial."—Mrs. F. J. WASSMANN, Mitchell, Ontario.

The merit of Lydia E. Pinkham's Vegetable Compound is told by women to each other. Many women know by experience what this medicine will do and they are anxious for others to know.

Such testimony should cause any woman suffering from the troubles so common to her sex to give this well-known medicine a fair trial.

Do you know that in a recent canvass among women users of the Vegetable Compound over 220,000 replies were received. To the question, "Have you received benefit by taking this medicine?" 98 per cent. replied "Yes."

This means that 98 out of every 100 women are in better health because they have given this medicine a fair trial.

Here and There

That Hollanders who have located in Alberta are making good and are satisfied is the statement of Baron W. Van Heeckeren, of Rotterdam, after a recent tour of investigation.

The forming of a mining bureau as a branch of its activities is announced by the Winnipeg Board of Trade. The bureau is to collect data on the mining situation in the province and will do everything possible to foster greater mineral production in Manitoba.

Tourist traffic in Canada this year is likely to constitute a new record, in the opinion of the Commissioner of Parks. No estimate has been compiled as yet but the figures for 1923, which were carefully estimated at \$136,000,000, indicate the value of this traffic to the Dominion.

Up to the end of October, 1924, more than 1,000 circulating libraries were in operation in Saskatchewan, as compared with about 800 at the same time in 1923. The average number of families reading each book is 17. More than half a million volumes were circulated by these libraries during the year.

A huge wooden, tar-paper lined shell erected over the space provided for the structure and heated by thousands of feet of steam coils connected with 380-horse power boilers, which provide a summer-like atmosphere for the carrying on of construction, is an interesting and novel feature of the arrangements made to combat the difficulty of building the new wing of the Chateau Lake Louise, the Canadian Pacific Railway's famous Rocky Mountain hotel, under winter conditions. Thanks to this innovation, the wing, despite frequent drops in temperature to far below zero, is progressing excellently and the company expects it to be ready for next summer's tourist season.

Sweeping changes in the Canadian Pacific Railway's service of great benefit to the communities concerned are scheduled for January 11. They include revision of the timetable of the Vancouver express (Toronto-Vancouver), to reach Fort William and Fort Arthur between 10 and 11 p.m., instead of 2 and 3 a.m., and Winnipeg at 10 a.m., instead of 2.30 p.m., as heretofore. The new times are more convenient to the Twin Cities than the old and a half-day is gained for business in Winnipeg. Regina is to be reached by the same train at 11 p.m. instead of 1.30 a.m., and Moose Jaw at midnight instead of 2.45 a.m., Regina-Saskatoon connections being thus radically improved, while arrival at Calgary at 4 p.m. enables Edmonton to be reached that evening. Vancouver is reached at 7 p.m. instead of 9.30 p.m. as previously. The Toronto Express (Vancouver-Toronto) reaches Winnipeg more conveniently, while arrival at Toronto at 8.40 a.m. will make possible connections with early morning trains for Ontario points and with day trains for American cities, thus saving more time. Cans on other trains between Montreal, Ottawa, Toronto, Chicago and Winnipeg are also scheduled. These arrangements follow the cancellation of the recently inaugurated train between Winnipeg, Montreal and Toronto, which is to come off January 18.

DR. MACKINNON'S GREAT TRAGEDY

During an address before a large Union meeting in Dovercourt Presbyterian Church. Rev. Clarence MacKinnon, D.D. Moderator of the Presbyterian General Assembly, made the following statement: "I would consider it a tragedy unspeakable if the great wealthy churches of Montreal and Toronto were to withdraw their sympathy and interest from the lonely pioneers of the west."

Since making this statement a vote has been held in a number of the churches referred to, and they have emphatically decided to remain Presbyterian. From the following returns, (Montreal not yet heard from and which is decidedly anti-union) it is apparent that Dr. MacKinnon's tragedy has been enacted.

For	Against
Cooks's Toronto	59.....429
Knox, Toronto	20.....788
Dufferin St. Toronto	26.....342
Royce Avenue, Toronto	39.....397
Cowan Ave. Toronto	31.....201
Central, Hamilton	351.....398
St Paul's Hamilton	159.....411
St. Andrew's, Parry Sound	104.....112

Of 26 Presbyterian churches in Ontario, whose vote on the question of entering the United Church were announced; 13 of them decided to remain Presbyterian and not to enter the Union. Of the 26 churches there were 16 in which 200 and more votes were polled. Of the 16 representing the larger churches, 9 voted to remain Presbyterian. These included such strong churches as St. Andrew's of Guelph, where the vote stood 346 against union and 90 for; Westminster of Hamilton, 232 against and 18 for union; Knox, Goderich, where 425 voted against union and only 122 for; Dale, Toronto, where but 7 voted for union and 228 against; and Vankleek Hill where the vote stood 229 against union and 66 for.

Lord Curzon's Announcement Alarms Berlin

Lord Curzon, speaking in the House of Lords, in which he is Government Leader, has declared the question of the evacuation of the Cologne area could not be taken up before the report of the Allied Military Control Commission was made on January 10, when the Allies would discuss the extent to which the terms of the Treaty of Versailles had been carried out and whether the first stage of the evacuation of German occupied territory should be begun.

"Great Britain" he said "has not the slightest desire to continue the occupation. The sooner it is ended the better from Great Britain's viewpoint. The British Government wants to get back to settled conditions in Central Europe."

"But" continued Lord Curzon "despite these general desires Great Britain is unable to act now because the question is an Allied one the Cologne area being occupied by the Belgians and the French as well as the British and Great Britain being able to act only after consultation with the Allies."

Lord Curzon reviewed articles 428 and 429 of the Treaty of Versailles dealing with the Bridgeheads and the terms for their evacuation at successive periods, pointing out that evacuation depended upon the Military Control Commission's report which he said had been employed two years, there having been constant and persistent obstruction from the Germans.

With regard to reparations he declared every one hoped this aspect of affairs had been settled by the Dawes report, providing Germany loyally carried it out.

The speech of Lord Curzon forecasting that the Cologne area will

LONDON FAREWELL OF MARK HAMBURG

Before Mark Hamburg left London on his Canadian and South African tour he gave a recital in Queen's Hall. The London Telegraph says: "He played a programme that was ideal as a pleasant souvenir of a Sunday hour or so. He began with Byrde ('the Earl of Salisbury'), Purcell's Suite in G, Couperin's delicious 'Carillon de Cythere' Daquin's 'Le Coucou,' and Beethoven's E flat, Sonata from Op. 31; went on to Chopin and further to da Falla, Ravel; Liszt and himself. And as he is now in much more chastened mood than used to be the case; his playing of the old world music was fascinating. True, his playing of the Scherzo in the Sonata was runaway as to tempo as was that of the Finale and all a little explosive yet some of his Chopin Preludes were most highly polished and refined. Indeed, where grace was required, as in the old French and English music, Mark Hamburg's playing was gracefulness itself. The main difference to be noted in the playing of now and then is in the more vigorous music, and now happily the vigor is much more restrained than before but not to his detriment or that of the playing."

Painful Sciatic And Neuralgia

Caused by Starved Nerves Due to Weak, Watery Blood

People think of neuralgia as a pain in the head or face, but neuralgia may affect any nerve of the body. Different names are given to it when it affects certain nerves. Thus neuralgia of the sciatica nerve is called sciatica, but the character of the pain and the nature of the disease is the same, and the remedy to be effective must be the same. The pain, whether it takes the form of sciatica or whether it affects the face and head, is caused by starved nerves. The blood, which normally carries nourishment to the nerves, for some reason no longer does so, and the excruciating pain you feel is the cry of the starved nerves for food. The reason why the blood fails to properly nourish the nerves is usually because the blood itself is weak and thin.

When you build up the impoverished blood with Dr. Williams' Pink Pills, you are attacking sciatica, neuralgia and kindred diseases at the root. As proof of the value of Dr. Williams' Pink Pills in cases of this kind we give the statement of Mrs. Marion Bell, Port Elgin, Ont., who says:—"Some years ago I was attacked with sciatica in my leg and hip. The pain was excruciating and finally I was forced to go to bed. Apparently all the doctor could do was to give me drugs to dull the pain as otherwise I found no relief. I had been in bed with the trouble for eight weeks when a lady who came to see me said that she had had a similar attack, and had only found relief through the use of Dr. Williams' Pink Pills. I decided at once to try this medicine and before I had taken more than three boxes I found relief. I continued the use of the pills and under the treatment the pain left me. I was able to walk again, and have not since had the least return of the trouble. I feel that Dr. Williams' Pink Pills have been of such great benefit to me that I strongly urge similar sufferers to give them a fair trial."

You can get these pills from your druggist or by mail at 50 cents a box from The Dr. Williams' Medicine Co; Brockville, Ont.

not be evacuated January 10 (five years from the date of the exchange ratifications of the Treaty of Versailles) is viewed with consternation by the German Foreign Office. Non evacuation on that date; it is declared, would be regarded as a breach of the Versailles Treaty.

A Richness of Flavor

recommends "SALADA" TEA to every discriminating tea drinker. Its freshness and purity are a constant delight. Try it.



Fletcher's CASTORIA

MOTHER! Fletcher's Castoria is a harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrup, prepared to relieve Infants in arms and Children all ages of Constipation, Wind Colic, To Sweeten Stomach, Flatulency, 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.

DID YOU EVER STOP TO THINK

That some business men seem to live in a world by themselves; totally oblivious to the real business world. THAT the world to them is an imaginary world, and they spend their time dreaming of business that some day will come to them. THAT they are only living in an imaginary world and the customers they dream of are only creatures of their imagination. THAT the only way that it will be possible for their dreams to come true, is to stop dreaming and stop it now. THAT they must wake up, quit resting on their oars. THAT business worth while does not just happen. THAT they must get busy in order to make it happen. THAT they must get pep-up steam up and with enthusiasm, energy and honest effort, help to make their city a growing city; a city with a future. THAT will make better business for them and the whole community. That investigation discloses opportunity and opportunity properly followed; creates progress. That the grasping of opportunity

is directly responsible for the development of business and building of communities. That opportunity is knocking at the door of every city. Not all of them answer her call. That many cities have unseeing eyes, and when opportunity knocks and bears no welcome; it goes on un-noticed. That the quick grasping of opportunity makes many a town into a city and many a good city into a better city. The cities who watch opportunities and never let them pass unnoticed; are the places where success can be achieved; where there is profit; glory; health and happiness to be found. Cities who make use of the opportunities which are theirs; will find that they will develop out of them in proportion to the way they use them. Today is the day of competition. Cities compete against each other. The ones who make the best use of their opportunities are the ones who lead in progress and prosperity

FATHER JOHN'S MEDICINE BUILDS ENERGY TO RESIST COLDS NO DRUGS

GET ZAM-BUK FOR CHAPPED HANDS CHILBLAINS COLD SORES

AS soon as your skin gets rough and chapped or gives you twinges of pain as a result of the cold, apply that ever-ready soothing healer, Zam-Buk.

Soothes Pain

In a gratifying manner. This rare herbal balm, by its penetrating healing action, quickly focuses you from chaps, chilblains, and all inflammatory pain produced by the weather. There is nothing like Zam-Buk for healing raw bleeding cracks in the skin, and ending the torture of Winter skin ailments. Hands, arms, and feet, or any part exposed to the weather should all be rubbed over daily with Zam-Buk both as a preventive or as a corrective.

Grows New Skin

Miss Borina Strojka, of East Hamford, N.S. writes:—"I suffered terribly with chapped hands. They became cracked and bleeding, and the pain was so intense that I could not rest my hands in water. As soon as I commenced using Zam-Buk the pain and smarting sensation began to disappear, and continued until my hands were completely healed with new skin."



KINDLY REMIT YOUR SUBSCRIPTION TO THE ADVOCATE

More Loaves From Purity Flour you will get more loaves than from the same quantity of ordinary flour. Purity is the strongest and most nutritious flour made--it absorbs more water, and the housewife benefits in her baking and reduces the family budget. The Purity Flour Cook Book will be mailed postage paid to you for thirty cents--it's worth more. Write for the to-day to Western Canada Flour Mills Co., Ltd., Toronto, St. John, N.S., Winnipeg. More bread and better bread. PURITY FLOUR

BUCKLEY'S BRONCHITIS MIXTURE The Lightning Remedy for COUGHS COLDS BRONCHITIS 40 Doses 75¢ AT ALL DRUGGISTS ACTS LIKE A FLASH Sold in Newcastle and Nelson by E. J. Morris