

How to avoid Operations

These Three Women Tell How They Escaped the Dreadful Ordeal of Surgical Operations.

Hospitals are great and necessary institutions, but they should be the last resort for women who suffer with ills peculiar to their sex. Many letters on file in the Pinkham Laboratory at Lynn, Mass., prove that a great number of women after they have been recommended to submit to an operation have been made well by Lydia E. Pinkham's Vegetable Compound. Here are three such letters. All sick women should read them.



Marinette, Wis.—"I went to the doctor and he told me I must have an operation for a female trouble, and I hated to have it done as I had been married only a short time. I would have terrible pains and my hands and feet were cold all the time. I took Lydia E. Pinkham's Vegetable Compound and was cured, and I feel better in every way. I give you permission to publish my name because I am so thankful that I feel well again."
—Mrs. FRED BERNKE, Marinette, Wis.

Detroit, Mich.—"When I first took Lydia E. Pinkham's Vegetable Compound I was so run down with female troubles that I could not do anything, and our doctor said I would have to undergo an operation. I could hardly walk without help so when I read about the Vegetable Compound and what it had done for others I thought I would try it. I got a bottle of Lydia E. Pinkham's Vegetable Compound and a package of Lydia E. Pinkham's Sanative Wash and used them according to directions. They helped me and today I am able to do all my work and I am well."
—Mrs. THOS. DYER, 989 Milwaukee Ave., East, Detroit, Mich.

Bellevue, Pa.—"I suffered more than tongue can tell with terrible bearing down pains and inflammation. I tried several doctors and they all told me the same story, that I never could get well without an operation and I just dreaded the thought of that. I also tried a good many other medicines that were recommended to me and none of them helped me until a friend advised me to give Lydia E. Pinkham's Vegetable Compound a trial. The first bottle helped, I kept taking it and now I don't know what it is to be sick any more and I am picking up in weight. I am 20 years old and weigh 145 pounds. It will be the greatest pleasure to me if I can have the opportunity to recommend it to any other suffering woman."
—Miss LAURA FROELICHER, 1923 Manhattan St., North Side, Bellevue, Pa.

If you would like special advice write to Lydia E. Pinkham Med. Co. (confidential), Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

Church Union Carried By Large Vote.

Toronto, Jan. 6.—Church union has been carried in the Presbyterian Church. The majority for union with the Methodist and Congregational churches, according to official figures announced today, was 53,086. The minority, however, is so large that it is considered doubtful if the General Assembly, which meets in Winnipeg next June, will force union on the 93,156 members who voted against it. The total vote was 239,398. The majority given by this vote on the church union question is considerably lower than that given in 1911. The majority then was 80,251 and 14,299 more were recorded.

Scott's Emulsion

is a wonderful food-medicine for all ages of mankind. It will make the delicate, sickly baby strong and well—will give the pale, anemic girl rosy cheeks and rich, red blood. It will put flesh on the bones of the tired, overworked, thin man, and will keep the aged man or woman in condition to resist colds or pneumonia in the winter.

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"FINE GOINGS ON."

A Devonshire clergyman, who seldom left his parish, returning home after a short absence, met his warden—a grim, grey-haired farmer—in the village street. "There's been fine goings on up at the church since you've been away, sir." "Why, who has been there?" was the surprised answer. "Oh, a large company." "A large company!" repeated the puzzled Rector. "What sort of a company? Members of the Archaeological Society?" The old farmer looked down and meditatively rubbed his chin. "Well, I think they were something in the building line," he said slowly. "But they made a terrible noise in the church." "Then why did you allow it?" said the parson sternly. "It was your duty to have turned them out." "I did my best, sir; but they took no notice of me." "Took no notice of you!" exclaimed the exasperated clergyman. "You should have made them take notice. Disgraceful! I can never leave the parish but something or other is sure to go wrong." The old farmer looked up with a twinkle in his eye. "Not much harm done this time, Rector. Only a swarm of bees!"

Will Keep A Part of Pay Due Soldiers.

Ottawa, Dec. 31.—Action has been taken by the government to secure for each Canadian soldier at the front a nest egg in the way of accumulated pay on his return to Canada at the conclusion of the war. It is understood that an order-in-council has been passed retaining a considerable portion of the monthly pay due the soldiers who have not assigned their pay to relatives in Canada, and who are now overseas, where there is no need for any immediate expenditure, and practically of their whole monthly pay.

A COMPLETE BREAKDOWN AFTER LA GRIPPE.

It Leaves the Sufferer a Victim of Many Forms of Weakness

Ask those who have had la grippe regarding the present condition of their health and most of them will answer "Since I had the grip I have never been well." There is a persistent weakness of the limbs, bad digestion, shortness of breath and palpitation of the heart caused by the thin-blooded condition in which grip almost always leaves its victim after the fever and influenza have subsided. They are at the mercy of relapses and complications, often very serious. The condition will continue until the blood is built up again, and for the purpose nothing can equal a fair treatment with Dr. Williams' Pink Pills, which quickly make the blood rich and red, drive the lingering germs from the system and transform despondent grip victims into cheerful, healthy, happy men and women. Mr. John Battersby, London, Ont., says:—"Just before Christmas 1914, I was taken down with an attack of la grippe, and the trouble left me in a deplorable condition. I was almost too weak to walk about, as I was then working on a farm in Western Ontario. I was quite unable to follow my usual work. I tried several kinds of medicine, but it did not help me. As a matter of fact I felt steadily growing weaker, and in this condition, when reading a paper, I saw Dr. Williams' Pink Pills advertised and decided to try them. I got a supply and by the time the second box was finished I felt considerably better, and after continuing the pills for some time longer I felt better than I had done for months. This was my first experience with Dr. Williams' Pink Pills, but you may depend upon it that if I find medicine necessary again I will know just what to take." You can get those pills from any dealer in medicine or by mail, post paid, at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Recruiting In Nova Scotia

In Nova Scotia a total of 3,342 men were recruited for overseas during the period from Sept. 4, 1915, to Dec. 25, 1915, in New Brunswick 2,778 men enlisted for overseas, and in Prince Edward Island 531 men were accepted.

The Nova Scotian contribution, by Counties, was divided as follows:

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|-------------|-----|
| Halifax | 587 |
| Guysboro | 5 |
| Pictou | 313 |
| Colchester | 228 |
| Cumberland | 410 |
| Hants | 185 |
| Kings | 128 |
| Annapolis | 93 |
| Digby | 88 |
| Yarmouth | 145 |
| Shelburne | 55 |
| Queens | 83 |
| Lunenburg | 185 |
| Inverness | 28 |
| Victoria | 53 |
| Cape Breton | 688 |
| Antigonish | 58 |
| Richmond | 10 |

BABY'S BATTLES AGAINST SICKNESS.

Can best be fought with Baby's Own Tablets—the little pleasant tasting Tablet that never fails to regulate the stomach and bowels and drive out all minor ills of little ones. Concerning them Mrs. H. Hower, Eastburg, Alta., says:—"I have four healthy children thanks to the use of Baby's Own Tablets. I have been using the Tablets for the past eight years and think them the best medicine in the world for little ones." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Minard's Liniment Cures Diphtheria.

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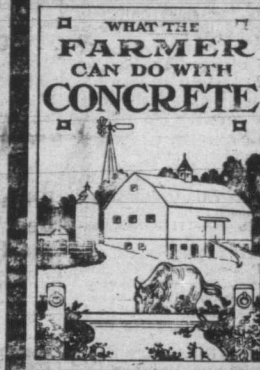
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There are now or have been in the trenches in Flanders and France or in the training camps in England, preparing to go to the front, approximately 5,000 men from Nova Scotia.

While the British navy has captured or driven off the seas some 2800 vessels of German and Austrian register, as well as 202 belonging to Turkey, the whole with a tonnage of 6,633,000, Great Britain has requisitioned more than 8000 vessels for carrying troops and stores, and 2300 auxiliary craft engaged in patrol services.

Turkish Finances Are in Bad Shape.

Zurich, Jan. 3.—Turkish finances are in such a bad way that the Turks have called upon Germany for \$100,000,000, according to advices received here today.

Digby's detachment of the 112th Battalion has now reached 44 men who are making good progress under the drilling of Capt. H. L. Gates, Lieut. Henshaw, Sergt. Williams and Corp. Richard Ellis. —Courier.



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