



The Dreaded Message

IT is the women that have suffered most in this terrible war—

"For men must work
And women must weep."

Theirs has been the worry and anxiety. The watching and waiting in constant dread of what might happen.

Because mental suffering is far more distressing and debilitating than physical pain and discomforts women have had the greatest burden to bear.

The strain has been both severe and long, and the result is an alarming increase in diseases of the nerves. Nervous headaches, neuralgic pains, nervous prostration and exhaustion, restlessness, irritability and melancholy.

These are some of the indications of nervous breakdown.

The building up of an exhausted nervous system is oftentimes a somewhat tedious process, but with the persistent use of Dr. Chase's Nerve Food you can be sure that restoration is both natural and lasting.

Get out into the fresh air as much as possible. Seek the companionship of healthy, cheerful people, and depend on this food cure to enrich the blood and sup-

ply to the depleted nerve cells the nourishment essential for their restoration.

Mrs. S. N. Hurst, Barrie, Ont., writes:

"About thirteen years ago, owing to a shock I had received, my nerves simply got the better of me. I could not sleep at night nor work in the day time. I suffered from a trembling sensation in my stomach, which kept up continually. I doctored for about a year and a half without getting any benefit. Then someone advised me to try Dr. Chase's Nerve Food. I did so, and at first was nearly discouraged, but as I was finishing the first box I found I was getting a little better. I then continued the treatment until I had taken six boxes, and during this time seemed to be getting stronger and better as time went on. The trembling in my stomach ceased, and I was able to eat and sleep without any difficulty. I am very grateful for having been advised to use Dr. Chase's Nerve Food, as I had about given up hopes of ever getting any relief. I therefore gladly recommend the use of this treatment to any one suffering from nervous trouble of any kind."

In order to be sure of getting the genuine Dr. Chase's Nerve Food it is only necessary to see the portrait and signature of A. W. Chase, M.D., the famous Receipt Book author, on the box you buy. 50c a box, 6 for \$2.75, all dealers, or Edmansson, Bates & Co., Ltd., Toronto.

Remarkable Exploits of Canadians

Some remarkable exploits were performed by Canadian gunners during the battle of Cambrai. In storming the Canal du Nord on the morning of September 27, it was of the utmost importance to have the field artillery right up in support, as failure to make a good crossing near half past midnight would have meant the defeat of the western line. A lieutenant with a personal reconnaissance party took his section of machine guns in front of even the enemy's line, being half his horse and ammunition, but being able to see four to open fire across the river with great effect at point blank range.

During the advance a detachment of the 1st Canadian Trench Company, under the command of a sergeant, took a reconnaissance party across the canal, and then by his persistent disregard of danger and good leadership took a column of weapons forward and established an ammunition reserve depot a thousand yards east of the canal.

He kept up the supply there until the bridges were built. Throughout the fighting since August 8 this officer has on every occasion pushed forward ammunition dumps into the thick of the battle, thus enabling the artillery to give immediate support to advancing infantry lines.

On September 8, a captain of a battery followed up the barrage near Stilly and established his "O-pit" on the right flank of the infantry. Seeing them held up by machine gun fire he went forward laying the telephone wire and then directed the fire of the battery on houses where an enemy post was entrenched. The infantry at this point had an exposed flank of some thousand yards and were being heavily fired upon by machine guns. Seeing that they had lost their officers, he led the assault, calling upon the infantry to follow, and though wounded in the leg, persisted so long as he was able to hobble.

A sergeant of the 1st Canadian Trench Company drove the first vehicle across the Canal du Nord, established a post with the centre and left lines under continual heavy fire from brigade and battery positions. Three times in half an hour he reentered himself,

wireless aeriels which were shot down during these operations. The signalers showed an utter contempt of death in making and preserving lines of communication.

Mrs. John Whalen of Chatham left on Friday for Halifax where she will reside in future. Her husband was being employed in that city.

10 CENT "CASCARETS" FOR LIVER AND BOWELS

Cure Sick Headache, Constipation, Biliousness, Sour Stomach, Bad Breath—Candy Cathartic.

No odds how bad your liver, stomach or bowels; how much your head aches, how miserable you are from constipation, indigestion, biliousness and sluggish bowels—you always get relief with Cascares. They immediately cleanse and regulate the stomach, remove the sour, fermenting food and foul gases; take the excess bile from the liver and carry off the constipated waste matter and poison from the intestines and bowels. A 10-cent box from your druggist will help your liver and bowels clean, sweet and lead clear for months. They make you feel like a new man.

Increased Cost of Getting Lumber

Estimated will Cost \$5.00 per
Thousand More This Year
Than Last

(Friday's Gleance)

J. Trazer Gregory is authority for the statement that will cost \$5 more per thousand to get logs this year than it did last.

Mr. Gregory was asked what the prospects for the coming season were and answered that as far as his own operations were concerned, it was his intention to get out a full cut and arrangements to that end had already been completed. He said he thought most of the St. John mills intended to get out a full cut even at the increased cost as they had sold practically all this season's cut and had been able to ship a considerable quantity of the cut.

On the North Shore and in Maine he understood more of the mills intended to cut more than half the usual quantity of logs. This was due to a number of reasons the chief being the difficulty in shipping out the manufactured product and the big increase in the cost of lumbering operations.

This year there has been a big increase in wages paid and the cost of provisions had also taken a big upward slant as a result of which he figured the cost in getting out logs would be at least \$5 per thousand feet and possibly more.

Mr. Gregory said he did not look for some little time after the war and with lumber and all building materials at the present price he believed the Government would be forced to enter the building game and provide houses for the returning soldiers as under present conditions unless rents were greatly advanced there would not be any speculative building because it would not pay.

He thought lumber would probably be cheaper in English market after the close of the war but this would be brought about by a decrease in the freight and in the freight and insurance charges. Before the war a normal freight for lumber was fifty shillings per standard today it was five hundred shillings per standard and as Lumber became available this must come down. But so far as the local market was concerned he did not look for any material reduction in the price of the finished article for at least two years after the close of the war.

The After Effects Of Dreaded La Grippe

Worse Than the Disease Itself—
Victims Left Weak, Nervous
and Worn Out

La Grippe or Spanish influenza as the epidemic now sweeping over all America is called is one of the most dangerous diseases known to mankind. Anyone who has felt its pang is not likely to forget the trouble. La Grippe or influenza starts with a slight cold and ends with a complication of troubles. It lays the victim on his back it tortures him with fever and chills headaches and backaches. It leaves him a prey to pneumonia bronchitis consumption and other deadly diseases. Its after effects are often more serious than the disease itself. It is quite possible to avoid la grippe by keeping the blood rich and red by the use of Dr. Williams' Pink Pills—a tonic medicine which enriches the blood and strengthens the nerves. If however the disease attacks you the patients should at once go to bed and call a doctor before complications set in. That is the only safe thing to do. But to recover your strength after the severity of the attack has passed you will find Dr. Williams' Pink Pills an unsurpassed tonic. Through the use of this medicine all the evil after effects of this trouble will be banished. This has been proved in thousands of cases throughout Canada where in previous seasons la grippe has attacked them. Among the many thus restored to full health is Miss Irene Botes Portsmouth Ont. who says:— "I take much pleasure in recommending Dr. Williams' Pink Pills because I have proved their worth in my own case. Last winter I had a severe attack of la grippe and it left me weak and all run down. I had severe pains in the chest and under the arms palpitation of the heart and attacks of neuralgia which left me with the feeling that life was scarcely worth living. I was advised to try Dr. Williams' Pink Pills and began their use only on the principle that I would try anything that might better my condition. I had only been using the pills a couple of weeks when the pains began to leave me. Gradually my strength returned my appetite improved and in a little more than a month I felt all my old time vigor had returned. I am sincerely glad I was persuaded to try Dr. Williams' Pink Pills and I shall always have a good word to say for them."

Your Very First Baking

with Beaver Flour, will show you the difference between this perfect blended wheat flour—and the usual western spring wheat flours.

The light, flaky Pie Crusts, Cookies and Doughnuts—the delicious, "homey" nutlike flavor of the Bread and Rolls—will be doubly welcome after the tough, almost tasteless bread made with western spring wheat flour.

BEAVER FLOUR MILLED OF BLENDED WHEAT

Is the choicest Ontario fall wheat, strengthened with western spring wheat; and is equally good for bread and pastry. Order a trial barrel today.

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THE T. H. TAYLOR CO. LIMITED,
CHATHAM, Ont.



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Dr. Williams' Pink Pills not only cure the disastrous after effects of la grippe but are also a specific for all troubles due to poor blood such as anaemia rheumatism indigestion women's ailments and the generally worn out feeling that affects so many people. You can get these pills through any dealer in medicine or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co. Brockville Ont.

SAPPER THOMAS YOUNG GASSED
Mr. and Mrs. Joseph Young of Douglstown have received word that

their son Sapper Thomas J. Young had been gassed on the 12th instant and had been admitted to the 53rd General Hospital at Boulogne. Sapper Young had been wounded in November 6th last. He went overseas with the 132nd and afterwards joined the Canadian Engineers.

P E I POTATOES

A Shooner loaded with potatoes from P E I was in port last week and disposed of a large cargo. The price paid was \$3.00 per barrel at the boat.



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Tomorrow Feel Right
Get a 25 Box

DICKSON & TROY, Druggists and Opticians, Newcastle, N. B.
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Is the time to prepare for
the cold winter months.

Was Your House Cold

last winter? Perhaps your
Furnace needs repairs, or
you need a new one. We
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STOVES, RANGES, OR FURNACES

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LUMBER

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in lengths 20 feet and up, 13 inches at top end, also Spruce Knees.

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