

## Tired Nervous Mothers

Should Profit by the Experience of These Two Women



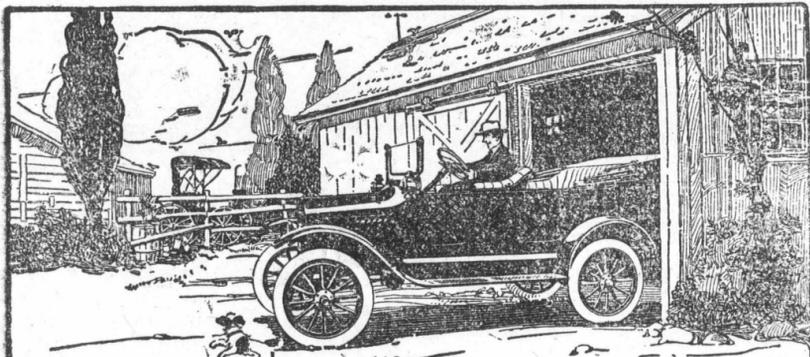
Buffalo, N. Y.—"I am the mother of four children, and for nearly three years I suffered from a female trouble with pains in my back and side, and a general weakness. I had professional attendance most of that time but did not seem to get well. As a last resort I decided to try Lydia E. Pinkham's Vegetable Compound which I had seen advertised in the newspapers, and in two weeks noticed a marked improvement. I continued its use and am now free from pain and able to do all my housework."—Mrs. B. B. ZIELINSKA, 202 Weiss Street, Buffalo, N. Y.

Portland, Ind.—"I had a displacement and suffered so badly from it at times I could not be on my feet at all. I was all run down and so weak I could not do my housework, was nervous and could not lie down at night. I took treatments from a physician but they did not help me. My Aunt recommended Lydia E. Pinkham's Vegetable Compound. I tried it and now I am strong and well again and do my own work and I give Lydia E. Pinkham's Compound the credit."—Mrs. JOSEPHINE KIMBLE, 935 West Race Street, Portland, Ind.

Every Sick Woman Should Try

### LYDIA E. PINKHAM'S VEGETABLE COMPOUND

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MORE than 100,000 Fords are owned by people in Canada in preference to the old horse-drawn buggy and other makes of cars.

Your neighbors, and farmers in every section of the Dominion are abandoning their old buggies—selling their driving horses and buying Fords.

Ford cars are utility cars. They are built to endure the strain of constant daily use over rough roads.

These are the tests every farmer gives his car. The Ford meets them in a satisfactory manner. It is the farmer's car, so why not replace your horse and buggy with a Ford?



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RAY MORNINGSTAR - Dealer - Watford.

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WATFORD AND VICINITY  
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Pte. T. Wakelin  
Pte. G. M. Fountain  
Pte. H. Holmes  
Pte. J. Stillwell  
Pte. Macklin Hagle

Sergt. Clayton O. Fuller.  
Gunner Russell Howard Trenouth.  
Pte. Nichol McLachlan.  
Corp. Clarence L. Gibson  
Signaller Roy E. Acton.

When hope looks backward it is transformed into regret.

When a man is spilling for a fight [he is usually too fresh.

One quart of liquor is needed to drown a spoonful of trouble.

A man seldom shoots above the mark at which he aims.

Corns and warts disappear when treated with Holloway's Corn Cure without leaving a scar.

Wrecked.  
"You refused me ten years ago."  
"I remember," said the heiress. "You said it would wreck your life."  
"It did. I have had to work for a living ever since."—Life.

Feminine Reasoning.  
Stella—Her gown is just like yours.  
Bella—I don't care if hers is a duplicate of mine, but I don't want mine a duplicate of hers.—Puck.

How many could be made happy with the blessings which are recklessly thrown away!

## The Pilgrim's Way at the Front

THE road is straitly lined with elms for seven miles, writes Captain Roger Poock, the well known Canadian author and brother of the celebrated actress, Lena Ashwell. Westward it ends at a town. That is an old place, with three church towers, and a market square, which Chaucer mentioned, and Froissart filled with a fine clatter of gossip 600 years ago. Now, half the houses are burst with shell fire, and each day adds to the ruins. At the other end of the road is a city, once lovely and illustrious in her age, which three great battles have ruined and overthrown. Here is a doom like that of Pompeii or St. Pierre, and though the ancient city had sinned like Sodom she could not have been left more desolate.

On either side of the road is a level country farmed with a skill and thrift not to be matched in Europe yet covered on every patch of pasture and on many arable fields with the encampments of British armies. A few peasants live on the farms who are at intervals chased out by their officials, but come back at dusk, having no place to go to, or any wish to live away from home. They sell coffee to the soldiers, silly cards embroidered in silk, vegetables, eggs, and milk. They do a deal of washing for the troops. They tend the farms, and when a barn is shelled, rebuild the walls. The children play their own games gravely among alien soldiers.

This road, which leads through the encampment of great armies, is filled with the traffic of a pilgrimage such as the world has not seen. We have read of the Canterbury Pilgrims, of the pilgrimage to Mecca, aye, of the six Crusades, but history is nothing more to us than a passing of shadows through a haze of rain, while this pageant of the road is live and urgent. The skirl of the Irish bagpipes, or the Scots, or fife and drum bands of the English come up above the horizon and pass behind it eastward. There is deafening clatter of caterpillar tractors drawing heavy guns, the rattle of grimly-humorous tanks, the endless procession of lorries with road metal, rations, or shells, the rapid buzz of staff cars. There is the returning procession of buses bringing weary, mud-incrusted battalions back to rest-camp, of motor ambulances by hundreds. . . . Then there are labor companies going to work or returning, rest parties on the way to the baths, peasant families with carts drawn by dogs. Monstrous trench dredges, road engines, crippled aeroplanes dragged to camp for repair; all night, all day, by the month, the traffic from the armies of the Dominions, India, and Blighty, and the army of labor. Sometimes the roadside camps turn out to line the way while a procession of great armies, is filled with the traffic of a pilgrimage such as the world has not seen.

This road is just as wide, long, and direct as Broadway in New York, but night and day more crowded. Its fourfold stream of traffic does not slacken, save when the military policeman on control opens or closes a branch road. Sometimes a shell burst, makes a crater which must be filled at once with hurried labor, while ruined vehicles are dragged aside, the wounded sent away to hospital. . . . When the traffic halts, all men regret it, because in the lull one can hear the scream of shells overhead. . . . As one grows used to the road one begins to notice that Chinese working parties are never seen here, and Negro units only in the first mile eastward upon the Pilgrim's way. Two miles nearer the hospital camp with 60 Canadian, Australian, and English ladies. In the miles eastward of that the labor companies are English, but only the English who are unfit for the front line. . . . But the first line troops go on past these into the trenches.

Half way along the road the busy countryside gives place to a desolate waste, the avenue of trees to stricken stumps, the daylight traffic thins out, and one enters the zone of fire crowded with British batteries in action. Yet by degrees the batteries advance, the forward area is filling with camps, the traffic strengthens with the slow stress of a victorious army, and sullen withdrawals of beaten Germany. And we, who live in the wayside camps watch, as the weeks link up into completed months, the waning of German power, and the old German valor souring into spite. His worn-out guns are no longer very accurate, so that his shells miss the road, and hit our camps. His airmen who before, almost alone among Germans, had our heartiest respect, have taken to bombing hospitals, deliberately.

A pilgrim is one who dedicates his life, and we are pilgrims whose lives are dedicated. . . . Men so prepared are cheery, confident, humorous, and kindly, and these are the four qualities one finds in every soldier on that . . . highway.

Children Cry FOR FLETCHER'S CASTORIA

## Killed by Poisons

All scientists agree that poisonous products in the blood are eliminated by the kidneys and liver. The kidneys act as a kind of filter for these products. When the kidneys are changed or degenerated, by disease or old age, then these poisons are retained in the body. If we wish to prevent old age coming on too soon, or if we want to increase our chances for a long life, Dr. Pierce of Invalids' Hotel, Buffalo, N. Y., says that you should drink plenty of water daily between meals to flush the kidneys. This Anuric drives the uric acid out. Scientific men have learned that in gout, also rheumatism, poisonous uric acid crystals are deposited in or about the joints, in the muscles—where inflammation is set up.

If we wish to keep our kidneys in the best condition, a diet of milk and vegetables, with only a little meat once a day, is the most suitable. Drink plenty of pure water, take Anuric three times a day for a month.

You can obtain a trial pkg. of Anuric by writing Dr. V. M. Pierce, Buffalo, N. Y., or Bridgeburg, Ont., enclosing 10c.

St. Catharines, Ont.—"For sixteen years I have been a sufferer from kidney trouble; my back has ached almost continuously and I have had rheumatic pains in my arms, hands and lower limbs. I have doctored and tried every medicine recommended to me but have never found the relief in anything (no matter how much I took) that I have found in one small package of Anuric. In one week the secretion cleared and my bladder was stronger than for years, so that I was not disturbed at night, where I always had to arise several times during the night. I only hope that many will read this and will try Anuric if they suffer with any sort of kidney trouble."—MRS. JACOB LONSBERRY, 85 Ashurst St.



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