MRS, B. H. HART

Was Made Well by Lydia inkham's Vegetable

Compound

Contario.—'Tam now giving you are a fair trial and it surely is doing me good and I am going to keep on taking it. I used to feel so tired in the morning that I didn't want to get up, but that feeling is leaving me now. I also sleep better and feel more like working. For seven or eight years I have had headaches tiredfeelings, pains in my back and across my body. I read letters in the newspapers saying what good Lydia E. Pinkham's Vegetable Compound had done others. My husband says I quit too soon, but I am not going to stop taking the Vegetable Compound and Lydia E. Pinkham's Blood Medicine until I am better and haven't an ache or a pain. Isn't that the right way? I have great faith in your medicines. They must be good when those who take them speak so highly of them. I am recommending them to my friends and I will gladly answer letters from women asking about them.''—Mrs. Burt H. HART, Box 1081, Cornwall, Ontario.

Mrs. Hart wants to help other women and is willing to answer letters from sick women asking about the Vegetable Compound.

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ter Hat ada"

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There

harvesters who mer over Cana-,000 are known east, according ssenger Traffic Pacific Railight that many d, while several the west for the

the increase in being brought ttlers from the hown in the la-Department of e. From April effects so classit \$3,129,333, as .666,467 in the ear, an increase

will add greatly of Vancouver, resort, to say sing its summer be the new golf ut there at a cost ve of land. Work commence next be merely nomeing charged for d. \$2.50 for a \$20 for a year.

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ering Canada durs ending October 134,189, as com-14 in the corresf 1922-1923, acepartment of Imlonization. These e encouraging in that the number of igrating to the to some extent he number returnited States is on ording to the de-

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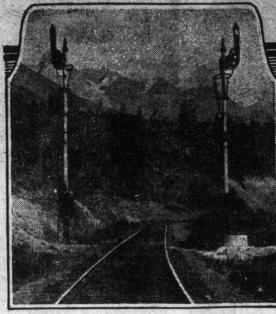
to and Winnipeg, fastest schedule or these cities, was Canadian Pacific mber 4. The new ontreal at 6.15 p.m. nto at 9.45 p.m. innipeg at 9 a.m., utes after leaving hours 15 minutes Toronto. Express pecially benefitted, each the terminal or delivery on the leaving, instead of formerly. Passenness day and earlier more distant points, eir destinations. As rain of this service with the Frontenac passengers and exthat point also gain

bring your news

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## Watchmen Who Never Sleep

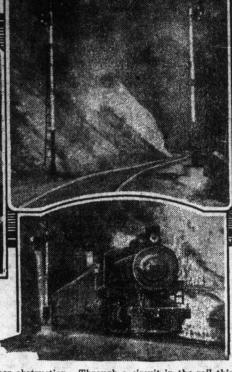


Top left-Shows how they guard the approach to the Kelsny Horse Pass; right, the passage through the Pass itself, and the Palliser Tunnel (below).

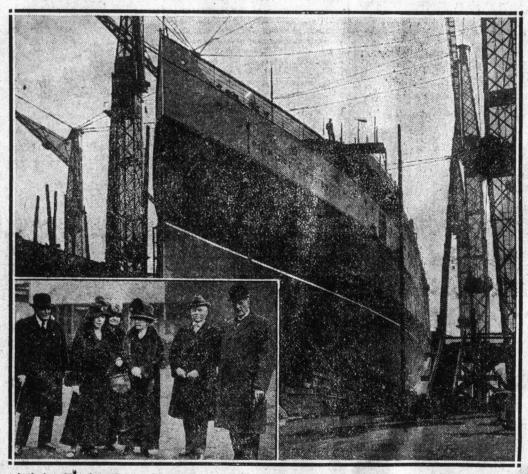
itself, and the Palliser Tunnel (below).

Comparatively few of the thousands of miles of railroad in Canada are electrified, but there is no railway organization which does not rely to a greater or lesser extent on electricity as an aid to efficient operation and service. Electricity plays an important part in all of the great Railroad Shops through the country. Some trains and cars are operated by power directly transmitted or stored in batteries. Bridges are operated, and a thousand and one electrical devices are in constant use which beside being labor saving do away with the human element which might make for inefficiency. Numbered among these are the automatic Block Signals which one finds distributed along the line of the Canadian Pacific, and notices particularly in the Rocky Mountain passes where they are more urgently required.

To the average layman an automatic signal is just a signal, and the general public is only interested in it because it gives added protection, or rather eliminates possible danger from the portion of track which it governs. To the railroad official it is more. It acts as watchman against broken rails, open switches, a fouled track or any



## New Oil Burners For Pacific Coast.



It is a long way from Alaska to the Clyde, but the recent launching of the Canadian Pacific Coastal S.S. "Princess Kathleen" from the Clydebank yards of John Brown and Company illustrates how the increasing business, traffic and industry of the one has affected the industry of the other. The launching of another vessel, the Princess Marguerite, will further illustrate this, shortly. During the past few years the thousand mile trip to the "land of the Midnight Sun" and return to Vancouver has attracted thousands of tourists from all parts of the world. Many of these, appreciating the industrial and commercial possibilities of this country of vast natural resources, as much as the scenic splendours, have established themselves there and have drawn others round them, each of whom plays a part in the further development of the land. The same thing applies to the Yukon, so that, especially in the Summer, and in the Fall when the big game and fish are fair sport, there is a constant coming and going on the Princess steamers that ply the "Inland Passage".

Next Year there will, it is expected, be a demand for a still more frequent service. In response the Canadian Pacific.

The new vessels, twin screw and oil-burning, will be placed in Setwen the automobiles of Vancouver Island well worth while.

The new vessels, twin screw and oil-burning, will be placed in Setwen the automobile of Vancouver Island well worth while.

The new vessels, twin screw and oil-burning, will be placed in Setwen the three ports, being capable of sustaining a speed of 22½ knots. Altogether there are five deed, four of which are given over to the use of the passenger while a large space on the main deek has been provided for the transport of motor cars and other freight. Accamadation is the result of the accommodation is the provision of 17 large rooms on the provision of 17 large rooms on the provision of 17 large rooms on the provision of 18 large provision

It is estimated that the average W. G. WILLOUGHBY, Manager and Watford Sec.-Treasurer ROY E. McPHEDRAN Wanstead Agent for Warwick and Plympton low.

A young man, about to be married, went to see the clergyman about havice cream in the United States is seventy-eight dishes. If cones constitute a "dish" thousands of small boys are convinced that the average is too low.

the clergyman about having the bans published. "Is your intended wife a spinster?" the clergyman about having the bans published. "Is your intended wife a spinster?" the clergyman about having their children are troubled with worms, and they lose no time in applying a reliable remedy—Mother Graves' Worm Exterminator. In moment; then he replied, "No, sir, she's a dressmaker!"

Their children are troubled with worms, and they lose no time in applying a reliable remedy—Mother Graves' Worm Exterminator. In PRINTED MATTER of all linds when you want it.—Guide-Advocate

Mothers can easily know when their children are troubled with

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the dandruff is corrected immediately. Thin, dry, wispy or fading hair is quickly invigorated, taking on new strength, color and youthful beauty. "Danderine" is delightful on the hair; a refreshing, stimulating tonic—not sticky or greasy! Any drugstore.

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