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SUFFERING OF YOUNG WOMEN

This Letter Tells How It May be Overcome—All Mothers Interested.



Toronto, Ont.—"I have suffered since I was a school girl with pain in my left side and with cramps, growing worse each year until I was all run down. I was so bad at times that I was unfit for work. I tried several doctors and patent medicines, but was only relieved for a short time. Some of the doctors wanted to perform an operation, but my father objected. Finally I learned through my mother of Lydia E. Pinkham's Vegetable Compound, and how thankful I am that I tried it. I am relieved from pain and cramps, and feel as if it has saved my life. You may use my letter to help other women as I am glad to recommend the medicine."—Mrs. H. A. GOODMAN, 14 Rockvale Ave., Toronto.



The Cause of Colds

Men who work indoors—in offices, stores, factories and warehouses, are in constant danger of contracting coughs and colds, through over or under heated buildings and cold draughts. Their most reliable protection is...

HAWKER'S Tolu and Cherry BALSAM

which quickly and effectively checks these colds, preventing dangerous complications. For three months I suffered with a severe bronchial cough which baffled all treatment. Hawker's Tolu and Cherry Balsam was suggested and less than two bottles completely eradicated the cough. I recommend it to all similarly afflicted. 25c. and 50c. bottles, at all drug and general stores. The Canadian Drug Co., Limited, ST. JOHN, N. B.



Write to-day for our big FREE CATALOGUE showing our full lines of Bicycles for Men and Women, Boys and Girls. MOTOR CYCLES Tires, Coaster Brakes, Wheels, Inner Tubes, Lamps, Bells, Cyclometers, Saddles, Equipment and Parts of Bicycles. You can buy your supplies from us at wholesale prices. T. W. BOYD & SON, 27 Notre Dame Street West, Montreal.

Vulcanizing

Auto Tires and Tubes First Class Work Guaranteed

A. T. SPURR ROUND HILL Tel 40-23

Try A Loaf

of Ben's Butternut Bread. It's sure to please you.

Choice Family Groceries Headquarters for high class Chocolates, Creams, Caramels and Penny Goods.

Mrs. S. C. TURNER Variety Store

Keep Minard's Liniment in the house. Keep Minard's Liniment in the house.

JOKER'S CORNER

CHANGE OF FAITH

Susie had for a long time been praying for a baby sister. The other day, on laying down the hotel payer, her mother said: "Our new pastor's wife has a little daughter." "How do you know?" asked Susie. "It's here in the paper," her mother replied. "Please read it to me," said the child, and her mother read: "Born on July 15, to Mr. and Mrs. John Smith, a daughter."

WHAT SHE HAD SEEN

An English tourist was on a visit to Apran and decided to have a day's fishing. He made inquiries of local experts, and on being told that the clog, or horsefly, would suit his purpose for lure, he sought the Highland servant girl at his inn. "I say, my girl, can you get me some horseflies?" he asked. The girl looked at him stupidly. He repeated his question, and added: "Why girl, did you never see a horsefly?" "Naa, sir," replied the girl, shaking her head, "but wance I saw a coo jump over a cliff."

HOW FAST CAN YOU SAY THEM?

Here are a number of amusing "tongue-twisters" discovered by an American contemporary. A glowing gleam growing green. The black breeze blighted the bright blossoms. Flesh of freshly flying fish. Six thick thistle sticks. Two toads tried to trot to Tedbury. Give Grimes Jim's great gilt gilt whip. Slick, strong Stephen Stringer snared six slickly silky slinky snakes. She stood at the door of Mrs. Smith's fish sauce shop welcoming him in.

NEAR-TRUTH

"You are late for dinner, as usual!" said Mrs. Twobble, crossly. "I believe I am, my dear," answered Mr. Twobble, apologetically. "I daresay you've been standing in front of a baseball bulletin board."

SOME SPEED

Conversation overheard between two porters on the G. T. P. "Say, fella, how fast does you slls run on that limited?" "How fast does we run? Why, man, we jst burne it up, we makes telegraph poles look like a solid board fence. We jst 'nlist es space an' cancels distance, we runs at a vlocity sometimes."

NOT BLAMELESS

Lawyer—"Now, sir, tell me, are you well acquainted with the prisoner?" Witness—"I've known him for twenty years." Lawyer—"Have you, I must now ask, ever known him to be a disturber of the public peace?" Witness—"Well—er he used to belong to the local brass band."

A GENTLE HINT

Riley—So Casey was killed by th' blisht? Who broke th' news to his widdy? Rooney—Big Tom Houlliban Riley—Did he do it gintly? Rooney—He did. He began be askin' her to marry him.

SOME TALKER

Young Lady Patient—"You told me to put my tongue out, Doctor, but you have not looked at it!" Doctor—"No miss; I merely wanted time to write your prescription."

LOOKING FORWARD

Mr. Pester—Running a furnace is some job. When I finish this season I'll never tend another fire as long as I live. His Wife—And afterward—? Let's not walk thirteen miles before breakfast for our breakfast.

The more people talk back the more the auctioneer likes it.

She Could Hardly Walk Across Room

St. John Woman Says Her Life Was a Burden. Restored to Health by Tanlac.

"Before I took Tanlac I was so weak I could hardly walk across the room, but now I can do all my housework with ease," said Mrs. Robert Clayton, of 25 Hanover St., St. John, N.B.

"For three or four years I suffered terribly from indigestion, which finally got so bad I had to live on a special light diet. My appetite was so poor I could scarcely eat anything and every morning I got up with a sickening sensation that I could hardly endure. Just as soon as I ate anything gas would form on my stomach and cause such terrible pains around my heart it seemed that I couldn't stand it. I often turned almost deathly sick over meals, sometimes couldn't retain my food and would just have to give up and lie down. At times I had such severe headaches I had to go to bed and I was troubled a lot with pains in my shoulders, neck and back. All the time I felt so tired and drowsy I could hardly stay up, and just to walk a few steps would tire me out completely."

"Finally I got to the point where life was a burden to me, but I happened to learn about Tanlac, and before I finished my first bottle I could see a wonderful change in my condition. I have taken three bottles now and my appetite is splendid, and, although I am eating just anything I want, nothing hurts me the least bit. I never feel tired and drowsy and my housework is a pleasure. Tanlac is the grandest medicine I ever heard of, for it certainly has made life worth living for me."

CLEMENTSPORT

Capt. Amos Burns, who has been spending a few days in Annapolis, returned Friday. The post office has moved into its new quarters which is larger and much more convenient. Mr. Walter Elliott returned home last Tuesday after an absence of two and one-half years. We are glad to see him in our midst again. Some of the Masons of Clementsport visited the Annapolis Royal Lodge last Wednesday evening, returning in the wee small hours of the morning. The Clementsport station was totally destroyed by fire Friday, 2nd, at 5 a.m. The fire was discovered by the crew of the Western Bound freight, who gave the alarm. Origin of fire unknown.

Minard's Liniment Co., Limited.

Sirs,—I have used your MINARD'S LINIMENT for the past 25 years and whilst I have occasionally used other liniments I can safely say that I have never used any equal so yours.

If rubbed between the hands and inhaled frequently it will never fail to relieve cold in the head in 24 hours. It is also the best for bruises, sprains, etc.

Yours truly, J. G. LESLIE Dartmouth.

THE ONLY WAY

If you took your little tooter And lay away your horn, Within a week there's not a soul Will know that you were born.

The fellow who is on the job A-jumpin' every day, And keeps forever at it, He's the one who makes it pay.

HIS FIRST DAY IN SCHOOL

Little Jimmy had spent his first day at school. "What did you learn?" he was asked on his return home. "Didn't learn anythin'." "Well, what did you do?" "Didn't do anythin'." "Well, what happened?" "Oh, a woman wanted to know how to spell 'cat', and I told her."

Don't think that because a man is an ice dealer he must be cold-hearted.

KI-MOIDS (GRANULES) For INDIGESTION Dissolve instantly on tongue, or in hot or cold water, or vichy. Try at soda fountain. QUICK RELIEF! ALSO IN TABLET FORM MADE BY SCOTT & BOWNE MAKERS OF SCOTT'S EMULSION

POETS' CORNER

THE EARLY DAYS

(R. J. C. Stead.)

Yes, times have changed since the early days and things are different now; We used to tramp from dawn to dusk in the trail 'ot a walking plow, And sow our grain from a canvas sack with a barrel-hoop for a mouth, And we kind o' felt that Providence confronted the frost and drouth; And in the harvest work we always neighbored forth and back, And never thought of threshing till the grain was in the stack; And healed our wood in the winter-time, and smoked beside the fire, And felt our lot was everything that reason could desire.

True, we had little money; our homes were plain and bare; Maybe a box for a table, maybe a block for a chair; Straw to repose our bodies at the end of the well-worked day, And the stars saw through the knotholes in the shingles where we lay; Food that was mostly our raising, coffee from toasted wheat, Cottonade for our Sunday suits, moccasins for our feet. Hard were our frames with labor, knotted our hands with toil, And we went to bed at twilight to save the price of oil.

Hardship? Perhaps, but old-timers look back at the early days, Before we had come to realize that practical farming pays.

Back at the time we were all so poor that none of us thought of wealth, Back at the times when we found content in industry and health, Back at the nights in the shanty, when the wolves howled in the snow, Back at the old sod stable and the cattle in a row, Back at the distances still unmapped, at the trails that were still untrod, When round about were the wastes of earth and overhead was God.

Yes, times have changed since the early days; farming is now an art; They're coming for land in motor cars—but we came in a cart; They're tearing the prairie with steam and gas, turning the rivers loose To water the arid regions and bring them into use; Binding the earth with railway lines, netting the world with wires, Leaving the mail at our corner-posts, pampering our desires; They show us that times are better, prove it a thousand ways, But we think of the old-time comradeship and sigh for the early days.

LITTLE SONGS OF SAFETY FIRST

Lies slumbering here One William Lake; He heard the bell But had no brake. —Detroit News.

After fifty miles Drove Ollie Pidd, He thought he wouldn't Skid, but did. —Rome, (N.Y.) Times.

At ninety miles Drove Edward Shaw; The motor stopped, But Ed kept on. —Little Falls (N.Y.) Times.

Under the sod Lies Deacon Hale; He winked and drank Some "ginger ale." —Utica, (N.Y.) Press.

Here he sleeps, One Johnny Founker; He rounded a turn Without a honker. —Johnson City Record.

This monument's For Jackson Druek His Lizzie was lighter Than the truck. —Scrantonian.

Down in the creek Steeps Jerry Bass; The bridge was narrow, He tried to pass. —Wilkes-Barre Times-Leader.

To which the Bridgewater Bulletin adds: In the LcHave Sleeps Orrie Fronk, He sew the tank But forgot to honk.

The bravest boy is not the one Who does some mighty deed; The bravest boy is he who dares To face the scornful laugh For doing what he knows is right, Though others mock and chaff.

Persuasion Failed, They Took to Force! SHE was so proud of her first cake. It was so light so tempting! But her young brothers had an eye on it, too, and... You've simply got to hide the cakes and bread when they're made from Cream of the West Flour. Maple Leaf Milling Co., Limited Toronto, Winnipeg Brandon, Halifax CREAM OF THE WEST FLOUR

You can procure Cream of the West Flour from M. H. TODD, Bridgetown, N. S.

Did You Say Shingles? Alright. We have whacks of all kinds from New Brunswick, Quebec, British Columbia and Nova Scotia. B. C. Red Cedar N. B. and Quebec Cedar Native Spruce and Pine PRICES! Bought—we say at the bottom and turned over at a figure to please you. QUALITY! Come and see. QUANTITY! Three carloads but they will move quickly. J. H. HICKS & SONS Queen St. BRIDGETOWN, N. S.

Do Not Overlook the Values We are offering in our SPRING SUITS Place your order early for Easter so you will not be disappointed. EGGS TOVE AND NUT COAL. E. L. FISHER

PHONOGRAPH SALE A Few Good Instruments Left In a Short Time This Sale will be Over. This Is Your Last Chance To Get a Phonograph At Half Price. ESTATE N. H. PHINNEY LAWRENCE TOWN, N. S. Advertise in the MONITOR