

A FRIEND'S ADVICE

Woman Saved From a Serious-Surgical Operation.

Louisville, Ky.—"For four years I suffered from female troubles, headaches, and nervousness. I could not sleep, had no appetite and it hurt me to walk. If I tried to do any work, I would have to lie down before it was finished. The doctors said I would have to be operated on and I simply broke down. A friend advised me to try Lydia E. Pinkham's Vegetable Compound and the result is I feel like a new woman. I am well and strong, do all my own house work, and have an eight pound baby girl. I know Lydia E. Pinkham's Vegetable Compound saved me from an operation which every woman dreads."—Mrs. NELLIE FISHER, 1521 Christy Ave., Louisville, Ky.

Everyone naturally dreads the surgeon's knife. Sometimes nothing else will do, but many times Lydia E. Pinkham's Vegetable Compound has saved the patient and made an operation unnecessary.

If you have any symptom about which you would like to know, write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for helpful advice given free.

Lansdowne Red Cross

The following amounts have been collected for aiding in the work on behalf of our Canadian Blinded Soldiers:

Mr. and Mrs. L. Parlee, Mr. and Mrs. Leslie Ginson, Mr. and Mrs. Frank Clark each \$1; Mr. and Mrs. Edwin Melville, Mr. and Mrs. George Melville each 75c; Robert Ginson, Harding Tibbitts, Walter Gries, Willard Tompkins, Mrs. Archie Ebbett each 50c; Mrs. M. Donnelly 40c; Mrs. R. Ross, Welby Tompkins each 35c; Guy Stoddard 30c; Howard Quick, Sam Quick, Mrs. Perry, M. Tompkins, Mrs. Del. Foster, Mrs. Bruce Waugh, Mrs. Mansfield Clark, Augusta Campbell, Alice Bishop, A. Gertrude Ebbett, Gordon Ebbett, Mrs. J. Campbell, Lee Hatfield, Burrell Campbell, Isaac Pelkey, Mary J. Foster, Mrs. George Tompkins, Mrs. Ed. Caldwell, Perry Donnelly each 25c; John Foster 20c; Flora Wasson 15c; Ernest Clark 10c. Total amount \$15.10, collected by Mrs. Archie Ebbett.

a Present for the Soldier

YOU can depend on the mothers to think of the little things which will be appreciated by the boy in the camp or trenches. And one article which many a mother has given her boy at the last moment is Dr. Chase's Ointment.

There are so many ways that Dr. Chase's Ointment is useful to the soldier that it becomes invaluable to him. It is used for chafing and skin irritation resulting from heavy clothing and equipment. It brings comfort to sore, scalded feet after the long march. Applied to wounds it prevents blood-poisoning and heals the skin. And it should never be forgotten that Dr. Chase's Ointment is the most effective treatment obtainable for piles, a distressing ailment which results from contact with the cold earth, whether in camp or trench.

The Canadian soldiers have been well supplied with this standard ointment, and, judging by their many letters of appreciation, there seems to be few things more keenly appreciated. Just try it in the next parcels you send to the front.

Dr. Chase's Ointment

60c a box, all dealers, or Edmanson, Bates & Co., Ltd., Toronto. Refuse to accept substitutes, for they only disappoint.

The Home Treatment

For Liquor and Drug Habits

When you have taken this treatment in the privacy of your own home for three days you are just as good a man mentally and physically as you were before you commenced to drink and you will have no desire, appetite or craving for liquor in any form. Each treatment is specially prepared for each case under supervision of registered physician. Send for interesting literature etc.

The Home Treatment Co., - Grand Falls, N. B.

Foreston Facts

(Intended for last week)
Miss Ruth Brooks has left for Bath to visit her sister, Mrs. James Lester.

Mrs. Gordon Dickinson of Newburgh is a guest of her sister, Mrs. Abner DeWitt.

Mrs. Maggie Brooks of Bristol is a guest of her cousin, Miss Gussie Brooks.

David DeWitt of Newburgh is a guest of his parents, Mr. and Mrs. Abner DeWitt.

A very heavy electric storm passed over this place recently striking the chimney of Howard DeWitt's residence and damaging some of the crops.

Miss Verlie Brooks of Mars Hill is spending her vacation at her home here.

Mr. and Mrs. Aaron Green of Fielding were guests of her sister, Mrs. Abner DeWitt, on Sunday.

A number of people of this place attended the service at Biggar Ridge on Tuesday night.

Rev. Mr. and Mrs. Crowell were guests of Miss Gussie Brooks on Monday.

Asa Brooks and family motored to Hartland on Sunday stopping at River Bank and Bristol on their return home.

Centreville Girl Marries in the West

A wedding of interest to New Brunswick people took place at the First Baptist church, Calgary on Aug. 15, when Miss Alice Irene Harold, eldest daughter of Mr. and Mrs. Wilmot R. Harold, of Centreville, became the bride George Skovmand of Kirkcaldy, Alta. The ceremony was performed by Rev. William P. Freeman. The bride wore her traveling costume of dark green taffeta with large dark green hat with trimmings of rose and carried a bouquet of rosebuds. The bride and groom left after the ceremony on a trip to Vancouver, Victoria, Seattle and Portland, after which they will reside at Kirkcaldy, where the groom is manager of the Home Grain Company.

MOUNT CAVELL HAS ITS UNIQUE FEATURES

Glacier Upon It Remains When Robbed in Spotless White—When It Selected By Inspiration.

The mountain in Jasper National Park that separates the country of Edith Cavell, the English nurse who suffered martyrdom at the hands of the Germans in Belgium, is a fine pile, whose summit reaches to a height of over 12 miles south of Jasper, from where it can be clearly seen at any time when not obscured by clouds. Its northern face is covered by snows and glaciers, and when lit up by the rays of the sun or moon presents a splendid spectacle, and it is regarded as being a most appropriate monument for the unfortunate victim of Hunnish hate.

Strange Figure
Lying between Mount Cavell and a high, sombre, verdant mountain, as yet unnamed adjoining at right angles there is a remarkable glacier of immense size, which, at close range resembles the prostrate form of a woman attired in robes of white, with outstretched arms extending to the side of each mountain and the feet reaching down to the great ice bed at the foot. This figure creates in the minds of those who see it impressions of grandeur, the supernatural, and it lends an additional interest to the memorial mound.

In Mournful Attitude
On the nameless mountain, which it is proposed to call Mount Sorrow, there is another remarkable figure which nature has carved from the solid rock with wonderful fidelity. It is that of a woman in an attitude of mourning, standing over a fount-like basin. Except at the feet, there is no cleavage between the figure and the mountain, and from the point from where it can be seen best it is startlingly realistic, even to the garments, which look like buckskin, the stone being stained a brownish yellow. The very real that impressionable people will doubtless conclude that it was by no mere chance that the mountain named in memory of the murdered nurse was chosen, but by an inspiration.

CLIMATE LESS SEVERE

What Study of Larger Glaciers in S.C. Has Revealed

Dr. Charles D. Walcott, secretary of the Smithsonian Institution, and Mrs. Walcott recently returned to Washington on after several months' field work in Canada. Accompanied by only a packer and cook, they spent most of their time on the continental divide, which forms the boundary line between Alberta and British Columbia, in the Canadian Pacific Railway, studying the cambrian rocks, containing the fossil remains of the earliest animal life.

"Owing to the heavy snowfall of the previous year and the fact that most of the geological formations which they wished to examine were in the deep snow about the timber line, little progress was made till the latter part of the summer of 1915. Sections were examined and from the Mount Asiniboine region, and from there northwest to the celebrated Kicking Horse pass, where the Canadian Pacific Railway has bored a double loop through the mountain in order to obtain a feasible grade on the western side of the pass.

Some years ago Dr. Walcott found a remarkable fossil fauna in boulders which had been carried into Kicking Horse canyon by glaciers that have long since disappeared. This last trip he located the source of these boulders high up in the mountain cirque, where a portion of what must have been a great hanging glacier is still active.

Mrs. Walcott, who has studied glaciers for several years, and is well known as an Alpinist, visited Glacier, British Columbia, where she measured the position of two large glaciers, and determined that the front ice foot in each case had retreated at the rate of 100 feet a year during two preceding years. Mrs. Walcott's studies prove that the ice has been steadily retreating during the last six years. Her measurements agree with observations made in Alaska, and indicate that the climate is not as severe on the Pacific side of the continent as it was a decade ago.

PROTECTING MINERS

Canada's Death Rate High—Belgium's Low—Why?

The accident death rate among miners is greater in Canada than any other civilized country. This is due largely to the hazardous nature of the work and to the lack of labor protection for employment. The fatality rate in coal mines in Belgium has been the lowest in the world, being but slightly over one per thousand employed. In 1890, the fatality rate in Belgium was as high as it is in Canada. The decrease is the result of the combined efforts of the mine owners, the workmen, and the Administration of Mines, and is due to a great extent to the diffusion of technical and professional education. In view of its importance, the Government should direct more attention to the education of the workman, so that he may not be a danger to himself or others and that he may become better educated more skilful, and thus have the opportunity to better his position.

Dry Battery Trouble Lamp

Dry batteries, testing eight amperes, or less, will operate small electric light bulbs and doorbells satisfactorily. Four cells wired in series to any desired length of cotton drop cord terminating in a miniature pull socket, which is equipped with a six-volt lamp, will trouble a road trouble light for a considerable period.

Many accidents may be prevented by the provision of municipal skating rinks and coasting slides.

NOWHERE SAFE FROM LIGHTNING'S FLASHES

Not Foolish to be Afraid of Thunderstorms—Some Places Safer Than Others

The question is often asked as to the location of greatest safety during a thunderstorm. In this respect it may be said that there is no place or object in the path of a thunderstorm that is not liable to a stroke of lightning. Places or objects may be more or less liable to a stroke of lightning according to their relative exposure, etc., but no place in the path of a thunderstorm is to be considered as one upon which a stroke of lightning is not likely to fall.

The location of complete safety during a thunderstorm is, therefore, one in which, even though a stroke of lightning does fall upon it, no harm will come to the occupants. Such a location may be found only in a space entirely surrounded by a metal network, in a steel frame building, or in an underground chamber.

No Absolute Safety
With the exception of places similar to those three, there does not seem to be any place where absolute safety may be obtained. The next degree of safety is undoubtedly to be found in houses or other buildings which are protected by lightning rods, but although the degree of safety which can be attained by using rods may be very high, the risk can not be entirely eliminated.

In the event of a stroke on an unprotected building there is considerable danger to life, but there is no doubt that an unprotected house is preferable to the open, under trees, or in unprotected out-buildings. When a stroke falls on an unprotected house sheltering a family of the average number of persons, the minimum chances of escape are 45 in 100. In all probability, however, the chances of escape are much greater than this.

Better Indoors
In 254 instances of casualties in unprotected houses which are given in these records, there were 117 cases of death and 137 cases of injury. From the same source it is found that in 153 cases of persons struck in open fields, 116 were killed and 37 were injured. In nine cases of persons struck near wire fences, eight were killed and one injured. It seems, therefore, that it is far better to take shelter in a house which is not protected against lightning than to take chances in the open, where everything is damp and hence the liability to shock or injury far greater than in a dry place.

IN BACKWARD CANADA

Quaint Ways and Customs of Islands in St. Lawrence Gulf

A night's sail to the north of Prince Edward Island in the Gulf of St. Lawrence, one happens on the Magdalen Islands. Low-lying and scattered Amherst, Grindstone, Entry, Alright, Collin, Byron and the Bird Rocks—a group of romantic islands, which if they were better known would have visitors by the hundreds through the summer months. La Grande Demeiselle et La Petite Demeiselle are the two sumptuously rounded combinations of mountain and cliff which together with sandbars, miles in length, form the chief landmarks of the approach.

Here in these islands, whose history dates back to the French discovery and possession of Canada, one happens on rare things—women in sunbonnets riding in carts, knitting in hand; berry-pickers, ready with a pleasant smile to have their pictures taken; hay-makers, whole family groups, the women and children all helping with the hay while the good weather lasts; little boys sailing toy boats that they themselves have modelled and fitted; men and women wearing homespun garments and homemade shoes of sealskin; basket makers and hookers of gay patterned rugs.

READ INSURANCE POLICY

Householders Careless About Details That Might Mean Loss

The following, or a similar clause, appears in all policies of fire insurance: "The company is not liable for losses following, that is to say: Where the insurance is upon buildings or their contents for loss caused by the want of good and substantial brick or stone or cement chimneys; or by ashes or embers being deposited, with the knowledge and consent of the assured, in wooden vessels; or by stoves or stove-pipes being, to the knowledge of the assured, in an unsafe condition, or improperly secured."

Notwithstanding this, in one year in Canada, there were 51 fires from defective and overheated stoves and furnaces; 52 from defective and overheated pipes, chimneys, etc., and 8 by live coals and hot ashes. Should the insurance companies take advantage of this clause, many victims of their own carelessness would find themselves without any recompense for their losses.

Disposal of Ashes

During the winter months the disposal of ashes from stoves and furnaces demands attention. Though many fires are caused by the disposal of hot ashes against frame buildings, wooden fences, etc., the practice is still continued. Too much care cannot be given to the disposal of ashes. Either metal containers should be used, or the ashes should be placed at a safe distance from anything combustible.

"Calf" Week

The terms "calf week," "cow week" and "bull week" are applied in many of England's great industrial centres to the three weeks before Christmas, the holiday week. In 1915, the men work time and a "calf week," "cow week" and "bull week" in "bull week" double than in the week before Christmas, to make up for loss of output caused by the Christmas holidays.

JUST LIKE A HOUSECLEANING



Every room needs an occasional "Cleaning up", no matter how carefully the regular sweeping and dusting is done. Especially is this true after any unusual event, a party, a wedding or a quilting bee.

So it is with your body. No matter how regular your habits or well cooked your food, there comes a time when you don't feel just right. You may recall an unusually hearty meal or two, irregular hours, or eating something that "didn't agree with you", or it may be just the "dust-gathering".

In any case a few doses of a really good cathartic is all you need to put you right. For this purpose nothing is quite so suitable as

Chamberlain's Tablets

Two or three after supper the first night, and one each night for two or three days, and your digestive apparatus is just like the well-cleaned room. Every part of your body is more vigorous, you go about your work with a new feeling and begin again to enjoy life. Are these benefits not worth getting? You know they are.

And you need have no hesitation about beginning them for fear you must "keep it up". The effect is just the opposite.

25¢ at all dealers or direct from

CHAMBERLAIN MEDICINE CO., TORONTO

CHAMBERLAIN'S TABLETS



A Little Stick of WRIGLEY'S Makes the Whole World Kin!

This famous chewing gum aids appetite and digestion, quenches thirst, keeps the teeth clean and breath sweet.

Fresh, clean, wholesome and delicious always.

No wonder WRIGLEY'S is used around the world, whenever and wherever people want lasting refreshment.

ON SALE EVERYWHERE



"After every meal"

The Flavour Lasts



Made in Canada

FARM FOR SALE

A 100 acre farm at a great bargain. One of the best farms in Carleton County being thrown on the market at one half its actual value. Splendidly situated about one mile from Lakeville village; 80 acres in good state of cultivation, all level and entirely free from stone. Comfortable 8 roomed house with ell and small cellar; one new barn 30 x 40 feet situated on main road from Centreville to Woodstock, one mile from school, church, saw mill and grist mill; 1 1/2 miles from railway station and potato houses. Daily mail R.F.D. Farm well fenced; small orchard. Another of the several good features of this farm is that it has a 75 rod of front on road, thus overcoming the inconvenience of long hauls so common on narrow farms.

The owner has three farms in addition to several other industries and is compelled to part with this one, therefore offering it at a remarkable low figure of \$2650. This is a rare opportunity and no doubt will not remain long on the market.

Apply to R. W. Cameron, Hartland.