AFTER 7 YEARS SUFFERING

I Was Cured by Lydia E. Pinkham's Vegetable Compound

Waurika, Okla.—"I had female troubles for seven years, was all run down, and so nervous I could not do anything. The doctors treated me for different things but did me no good. I got so bad that I could not sleep day or night. While in this condition I read of Lydia E. Pinkham's Vegetable Compound, and began its use and wrote to Mrs. Pinkham for advice. In a short time I had gained my average weight and am now strong and well."—Mrs. Sallie Stevens, R. F. D. No. 3, Box 31, Waurika, Okla.

Another Grateful Woman

London, Ont.—I feel as if I could not tell others enough about the good Lydia E. Pinkham's Vegetable Compound has done for me. I was so weak and tired that I could not rest nights. A friend recommended your Compound and I soon gained health and strength. I could not wish to stop taking it. I know other women who have used it for the same purpose and I join them in praising it.—Mrs. Wm. A. Buffy, 905 Dame St., London, Ont.

Lydia E. Pinkham's Vegetable Compound has surely cured many cases of female ills, such as inflammation, ulceration, displacements, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, and nervous prostration.

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Gregory Layton
On premises

CARAQUET RAILWAY COMPANY

Notice is hereby given that a special general meeting of the shareholders of the Caraquet Railway Company will be held at the head office of the company in the town of Bathurst, New Brunswick, on THURSDAY, the ELEVENTH DAY OF MAY, 1911, at twelve o'clock noon for the purpose of considering and if approved of ratifying an agreement between the Caraquet Railway Company and the Gulf Shore Railway Company entered into by the directors of each company for the amalgamation of said companies as authorized by the statutes on that behalf. A copy of said agreement may be seen during business hours at the head offices of the company above mentioned dated this twenty fourth day of April, 1911.

JAMES WEBSTER, President.
B. C. MULLINS, Sec'y.

CASTORIA
Bears the Signature of Chas. H. Fletcher. The Kind You Have Always Bought

CONCRETE THE SALVATION OF THE FARM

It is only a few years since concrete was generally accepted as a reliable building material, yet the difference which this convenient and economical form of construction has made in the outlook of the farmer in these few years, has done much to revolutionize things on the farm.

The growing scarcity of lumber and its consequent rise in price, has gradually caused that commodity to assume the general aspect of a luxury. So much lumber is used on the farm for buildings and fences that its extremely high price has made it almost prohibitive to the average farmer unless he has an extra large sum of money to spend on outlays. Wire fencing partially solved the problem, but real relief did not come until concrete was proven by actual tests to be not only practicable, but to possess many advantages over wood as a building material.

The uses to which concrete can be put are practically without limit, more particularly on the farm. Already the list includes forms of construction ranging from the large hip-roofed barn down to a nest-egg that deceives the wisest old layer in the brood. These uses have been extended largely by a series of extensive experiments conducted under the auspices of the Canada Cement Company, on farms throughout the country. This large concern, which has fathered the concrete building process in Canada, has been a large factor in the spreading of knowledge of concrete and its uses. Recently it has distributed 65,000 copies of a book entitled "What the Farmer Can Do With Concrete." This work contains information which makes it possible for any farmer to do almost any kind of construction work around a farm with concrete, and is given free of charge. This generous distribution of literature and the efforts of this firm to show the farmer how practical concrete really is, have earned for them the highest of commendations.

The most recent plan to introduce concrete to the farmer is a contest arranged by the Canada Cement Company. The lines along which the contest is planned are broad enough to enable every farmer to compete with equal chance of success with the most experienced user of concrete. In each Province there are four cash prizes of equal value offered, each prize $100. The first is to be given to the farmer in each Province who will use the greatest number of barrels of "Canada" cement in a given time on his farm; another prize will be given to the farmer in each Province who uses "Canada" Cement on his farm in 1911 for the greatest number of purposes; the third is to be given to the farmer in each Province who furnishes a photograph showing the best of any particular kind of work done on his farm during 1911 with "Canada" Cement. The fourth will be for the farmer in each Province furnishing the most complete description of how any particular piece of work, shown by any photograph sent in, was done. This contest will be open until November 15th, 1911.

Already much has been accomplished on the farm by the use of concrete. Perhaps the greatest argument in its favor, and one which has developed only since concrete has actually been put into general use, is its health-promoting properties.

If sickness occurs in a city to any great extent, a searching investigation usually follows, conducted by a medical health officer, with the result that it is traced back to its cause and this cause removed.

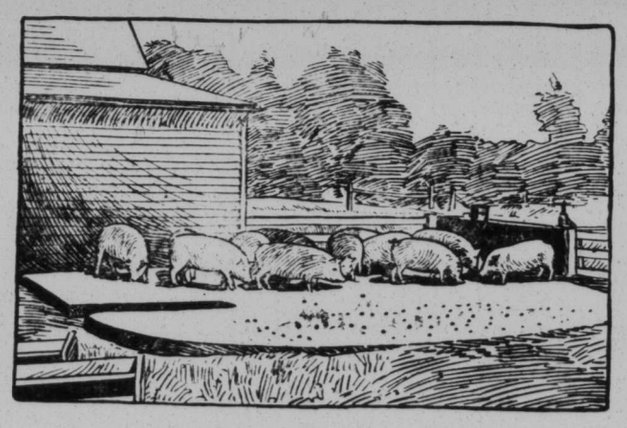
The farmer must be his own medical health officer. He must look to the causes to be found on his own farm. A great deal is now being done along these lines, and in many places, particularly in the West, it has been found that a number of the causes of sickness can be avoided by the use of concrete.

A common sense view of the situation shows that this simply-handled material is peculiarly well adapted to measures of sanitation and in preventing germs from spreading.

Possibly the place visited more often than any other by the farmer is his well. If it is so situated that unhealthful ground streams can leak into the drinking water, there is every possibility of this unhealthfulness being communicated to the farmer and his family by the most direct route. Concrete has done much to remedy this. If a well is built of concrete—a solid cylinder set into the ground—it is impossible for such leakage to occur. In the same way a concrete dairy provides but slim accommodation for disease germs. These two simple precautions are a long stride in the direction of good health, as water and milk, the latter even more than the former, are the commonest of the germ-distributing agencies and both are used frequently by the farmer and his family.

Not only has the modern farmer studied out a method of guarding against sickness from sources which might, in the case of water and milk, be termed, internal. He has gone a step further and has decided that the barnyard must also be subjected to some changes if doctors' pills and doctors' bills are to be dodged.

The average barnyard—there are many worse, some better—consists of a stack of hay or straw, a manure pile, a watering trough, and a spongy, oozy mass of mud, dirt, and filth, in between and all around. Most farmers will recognize this type as being familiar, even those whose farms are models in other respects. Until recently it has seemed almost impossible to avoid this objectionable condition in a barnyard. Owing to the stamping of cattle and the rooting and scratching of the smaller stock, the ground seems to be kept constantly worked up into its oozy state. Into this, and through it, the farmer is compelled to make his way several times a day while doing his chores. Despite his best efforts, a certain amount remains upon his shoes and clothing. If he escapes the germs that are sure to exist in the stagnant wallow, and does not catch a cold from wetting his feet in it, he always runs the risk of carrying some small particles into the house on his shoes, where they dry into fine dust and are stirred up by the next sweeping, filling the atmosphere that has to be breathed.



HOGS EATING FROM A CONCRETE FEEDING FLOOR.

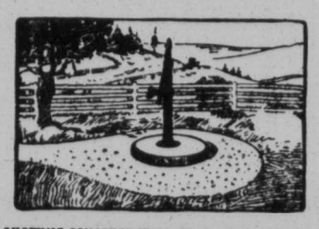
To avoid this altogether would be impossible, but the farmer has found a way in which much can be done to alleviate the barnyard troubles.

Instead of wading through mud, the farmer and his family walk dry-shod to the barns and amongst the buildings on concrete walks and drive-ways. Instead of standing in a muddy hole, while he waters the stock, he stands on a concrete platform on which is set a concrete drinking pool. This serves a double purpose of not only providing cleaner water for the horses and cattle, but also does not harbor the germs of contagious diseases which so often lurk in old wooden drinking troughs.

His small stock and poultry, instead of rooting in the mud and filth for their food, take it from a concrete feeding floor laid in a convenient spot in the barnyard. This may be swept down or washed off and prevents a waste of feed.

The use of concrete as drainage material and in forming gutters under eaves makes it possible for farmers' wives and daughters to visit the barns without danger of contracting colds and without many other unpleasantnesses.

With water pressure secured from a concrete cistern built above ground, and the use of concrete in the building of closets, many of the objectionable features are removed and with proper drainage, much can be done to make such buildings perfectly sanitary.



SHOWING CONCRETE WELL CURB AND PLATFORM.

SOLID CONCRETE CISTERN.

Aside from its advantages as a germ-proof material, concrete finds favor with the farmer of to-day because he can use it himself as easily as he could use wood. All that is required is a quantity of broken stone, sand, and Portland cement. The moulds are easily constructed and can be made of odd pieces of lumber handy. With the exception of the cement, the materials can be found on almost any farm and should cost little or nothing.

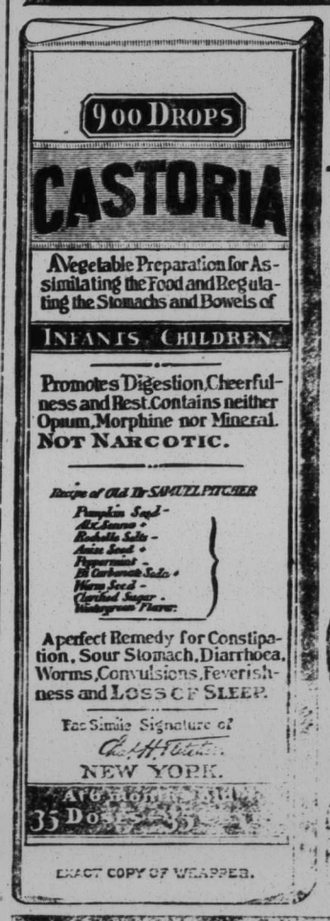
Statistics were presented in the British House of Commons to show that 65 per cent. of the adult workers in Great Britain received less than $5.50 a week. The average rate thus stated is probably reduced by the low wages of agricultural laborers, whose pay in money in some places is as little as 18 shillings a week. The situation accounts for the large increase in the number receiving poor law relief whenever there is a trade depression. It also shows why the old age pension system had so many friends in a country where individualism is strong. Also it creates respect for the people, who on such small incomes, have the self denial that enables them to save money to take them to other lands where their work is better paid and helps the country they choose as well as themselves.

Mathew J. McGrath, the former champion hammer thrower, was discharged from the police force of Brooklyn for conduct unbecoming an officer.

A news despatch from Paris quotes a Constantinople paper as saying that three shots were fired a day or two ago at the Imperial German yacht Hohenzollern, at Corfu. No one was injured. Dispatches direct from Corfu make no mention of any such incident.

A collection of rare old Chinese porcelain, reputed to equal the Salting collection, has been acquired by Mr. Edgar Corror, the well known London Porcelain expert for $1,250,000. The collection was made by Mr. Richard Bennet, of Thornby Hall, Northampton.

An immense mass meeting was held in Guildhall, London, last week. It gave unqualified approval of arbitration agreement between Britain and States. A resolution to this effect and pledging support to principles of arbitration was moved by the Premier and seconded by Mr. Balfour.



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