How to Feel Well During Middle Life Told by Three Women Who Learned from Experience.

The Change of Life is a most critical period of a woman's existence, and neglect of health at this time invites disease and pain. Women everywhere should remember that there is no other remedy known to medicine that will so successfully carry women through this trying period as Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs. Read these letters:—

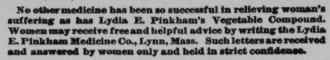


Philadelphia, Pa.—"I started the Change of Life five years ago. I always had a headache and backache with bearing down pains and I would have heat flashes very bad at times with dizzy spells and nervous feelings. After taking Lydia E. Pinkham's Vegetable Compound I feel like a new person and am in better health and no more troubled with the aches and pains I had before I took your wonderful remedy. I recommend it to my friends for I cannot praise it enough."—Mrs. MARGARET GRASS-MAN, 759 N. Ringgold St., Philadelphia, Pa.

Beverly, Mass.—"I took Lydia E. Pinkham's Vegetable Compound, for nervousness and dyspepsia, when I was going through the Change of Life. I found it very helpful and I have always spoken of it to other women who suffer as I did and have had them try it and they also have received good results from it."—Mrs. George A. Dunbar, 17 Roundy St., Beverly, Mass.

Erie, Pa.—"I was in poor health when the Change of Life started with me and I took Lydia E. Pinkham's Vegetable Compound, or I think I should not have got over it as easy as I did. Even now if I do not feel good I take the Compound and it restores me in a short time. I will praise your remedies to every woman for it may help them as it has me."—Mrs. E. Kissling, 931 East 24th St., Erie, Pa.

PROPARTITION OF F VANCE.



FOOD CONTROLLOR FOR N. B. **ADDRESSES MEETINGS**

Explains Why Food Control is Necessary Committies Appointed To Distribute Pledge Cards

versity of N B, Food Controller for N advance.

only to lower expense; at home but to enable more wheat, beef and to misunderstanding bacon to be sent overseas to the armies in the trenches and to feed the people of Great Britain and France. The crops of 1916 and 1917 had been poor everywhere; 14, 000,000 men were engaged in the pon-productive business of war and of age. In former times 720,000 non-productive business of war; and men at the front needed much more would have died in the same time, men at the front needed much more food than ordinary workmen, and but the bulk of the lesser number can be saved by better methods.

wheat were too far away. The European deficiency must be met by Can ada and the U. S. A. If the latter countries cut down their consump

Prof. J. W. Keirstead of the Uni- potatoes to the fermers six years in

B, spoke in Newcastle Town Hall on the Sth instant to a representative au cleare of some 60 persons, about ctc. this to to provide for the future and the world must live on what it already has until aext crop. Therefore the need for economy, and the call for voluntary rationing. Germany compels its people to do all these three his hearers the urgent necessity of economy in food matters, not only to lower expense; at home but Criticism of economy must be due

The Western Allies were short | Hon Dr Roberts, the speaker was 200,000,000 bushels of wheat and 300,000,000 of other cereals | Hon Dr Roberts, the speaker was 200,000,000 of other cereals | Hon Dr Roberts, the speaker was 200,000,000 of other cereals | Hon Dr Roberts, the speaker was 200,000,000 of other cereals | Hon Dr Roberts, the speaker was 200,000,000 of other cereals | Hon Dr Roberts, the speaker was 200,000,000 of other cereals | Hon Dr Roberts, the speaker was 200,000,000 of other cereals | Hon Dr Roberts, the speaker was 200,000,000 of other cereals | Hon Dr Roberts, the speaker was 200,000,000 of other cereals | Hon Dr Roberts, the speaker was 200,000,000 of other cereals | Hon Dr Roberts, the speaker was 200,000,000 of other cereals | Hon Dr Roberts, the speaker was 200,000,000 of other cereals | Hon Dr Roberts, the speaker was 200,000,000 of other cereals | Hon Dr Roberts, the speaker was 200,000,000 of other cereals | Hon Dr Roberts, the speaker was 200,000,000 of other cereals | Hon Dr Roberts, the speaker was 200,000,000 of other cereals | Hon Dr Roberts, the speaker was 200,000,000 of other cereals | Hon Dr Roberts, the speaker was 200,000,000 of other cereals | Hon Dr Roberts, the speaker was 200,000,000 of other cereals | Hon Dr Roberts, the speaker was 200,000,000 of other cereals | Hon Dr Roberts, the speaker was 200,000,000 of other cereals | Hon Dr Roberts, the speaker was 200,000,000 of other cereals | Hon Dr Roberts, the speaker was 200,000,000 of other cereals | Hon Dr Roberts, the speaker was 200,000,000 of other cereals | Hon Dr Roberts, the speaker was 200,000,000 of other cereals | Hon Dr Roberts, the speaker was 200,000,000 of other cereals | Hon Dr Roberts, the speaker was 200,000,000 of other cereals | Hon Dr Roberts, the speaker was 200,000,000 of other cereals | Hon Dr Roberts, the speaker was 200,000,000 of other cereals | Hon Dr Roberts, the speaker was 200,000,000 of other cereals | Hon Dr Roberts, the speaker was 200,000,000 of other cereals | Hon Dr Roberts, the speaker Hon Dr Roberts, the speaker was There had been bread riots in coming to realize the infinite value Italy lately, and shortage of food had of the little child.

Italy lately, and shortage of food had lorgely caused the Russian Revolution

There was a great shortage of meat and fats the world over, as so many animals had been slaughtered the last three years.

Britain and France had to ration their people

Australia's 140,000,000 bushels of wheat a layear. And so on. Will we do it?

He thought we will.

Are all homes now saving all they can? Wast and extravagance are wheat were too far away. The Europe crimes

tion by one-third, the shortage could pretty well checked. Specuative probe met

ASSAM Teas for Economy

Assam teas are the strongest and richest grown. It is of these teas that Red Rose Tea chiefly consists. That is why it yields the very large number of 250 cups to the pound—at the cost of about a cent for five cups, and every cup rich, strong, delicious tea.

Kept Good by the Sealed Package



would still be high, after speculation is cut out. Speculation in flour and sugar and many other things has Some industries are how making less profit than before the war. The political parties are offering reforms. Solutions sought in many ways, but a heavy burden must be borne until after

Committee Appointed Mayor Morrissy aprointed J D Creaghan and Mesdames C C Hayward and H Williston a committee to nominate a committee of seven workers to superintend the distribu-tion of pledge cards. These three nominated the following, who were

Mrs E Hubert Sinclair, Miss Hennessy, Mrs G G Stothart, Mrs P J McEvoy, H H Stuart, J D Keane and

Hon Donald Morrison
Short addresses were made by Rev
Dr Squires, Rev P W Dixon, Rev S
Gray, J D Creaghan and the Mayor The latter spoke on the urgent necessity and the wisdom of subscrib ing to the Victory Loan

fireers, saying that all profits made speculatively and unjustly should be seized by the government for public

Rev S Gray urged that the govern ment nationalize the fish industry, in order to cheapen food, and that steps be taken to conscript wealth Following was passed on motion of

Rev Dr Squires and Rev S Cray: That this representative gathering expresses its deep and hearty sym-pathy with the cause so ably pre-sented by the Provincial Food Con roller. Prof Keirstead, and pledges itself to follo was closely as possible the suggestions made by him and to lo all in their power, especially in matter of economy to aid the government in its hour of trial to do its part in successfully prosecuting the war. Carried unanimously.

Adjourned with the National Anthem. After this Prof Keirstead held a conference with those of the com-

Friday evening Prof Keirstoad held milar meeting in Chathan

Little Boy

On Face and Hands-Local Doctors Treated Him in Vain-How Cure was Finally Effected

Trenton, Ont. (Nov. 9)-This letter will interest all mothers of young children, because it tells of the best means obtainable of overcom the annoying and torturing skin troubles which come to so many children.

Mrs. Waldron had several doctors treating her boy for eczema, but all in vain. Finally she heard about Dr. She was formerly Micz Rose Keenan Chase's Ointment and her letter tells of this county. Besides her husband

Mrs Samuel Waldren. George street, Trenton, Ont., writes: "About four years ago, my little boy had a rash on hie face and hands which the goeter called Eczema. He gave us a wash for it, and some ointment, which we used, but without benefit. I think we tried all the doctors here. Finally we tried Dr. Chase's Ointment, and gave it a good trial. We could see that it was gradually healing. At first it appeared to burn the skin, then this skip would peel up, finally he got rid of it entirely. During the he got rid of it entirely. During the winters of the next two years we not-iced a symptom of the disease under

THE COST OF WAR

According to Sir Alexander Bert-ram, shells to the value of \$900,000. 000 have been made in Canada, to date. The steel used would build atte. The steel used would build almeteen. St. Lawrence bridges or sixty-six 18000-ton dreadnoughts. And yet all these shells would last eally at Vimy Ridge.

CURVENTON

Curventon, Nov 6-Mr. Willie Mullin of this place and sports returned from Quebec, from a very enjoyable trip. They brought home with them

ne beautiful ducks and geese
Mr Wallace Johnston from Hall comb, is working on the north west

Nearly all the men and teams around here are working on Exmoor bridge. It will soon be completed Mr James Walsh and sons understand their business and are doing success-

Newcastle one day last week The many friends of Miss Madge Wedden are very sorry she has gone to Boston to take up her postion, but all hope to see her return again

Nearly all the boys around here have gone to Newcastle for the final examination under the Military Service Act. A number have passed Mrs. A. E. Hare held an enjoyable

party at her home Hallowe'en night Miss Vernon Hare was in town Tuesday Mrs Geerge Peabody and son Cuth-

bert were calling on Mrs Wm Hosford one day last week.

Willie and Ida Mullin and two lit-

tle brothers and two cousins. Hiram and Sydney Hare, all motored back to Mrs William Hosford's Sunday.
Misses Maggie and Lucy Ryan were

calling on Mrs A E Hare and Mrs Azor Mullin one day this week Miss Maggie Wall was calling on Mrs Murdock Hare and Mrs Acor Mullin one day last week

Mrs Stanley Doran is visiting her mother, Mrs Joseph Wedden Mrs Dora Hare was calling on her mother, Mrs George Peabody last

evening Mrs John Hare has returned from

a very pleasant visit to Mrs Row-lands of Millerton Mr Everett Mullin is guiding at the Ball Mountain for Mr Eward Menzies

FREE WAR MAPS A good war map helps one to fol-low and understand the war news. The Family Herald and Weekly Star of Montreal offers a fine war map in four colors about 2 1-3 feet x 314 feet in a neatcover free of charge to all who subscribe to that creat pa-Had Eczema

per at \$1.25 a year. The map alone would cost as much as the whole charge in most stores. The Family Herald is greatly improved this year and is wonderful value. It is a crelit to Canadian Journalism. It should be in every Canadian home at the price offered, \$1.25 a year, with the great war map free

OBITUARY

The death of Mrs John Dunn, a much respected resident of Nelson. occurred suddenly on Friday morn with dropsy and was 63 years of age. of the wonderful results obtained by the use of this southing, healing ointment.

Mrs. Frank Gillis, Newcastle; Mrs. Frank Gil

occurred on Saturday of spinal paralysis. Deceased was 15 months old.
Besides her parent: she leaves the following half-brothers and half sisters: Gunner William Donahue of keed a symptom of the disease under the skin. Each time we used more Dr Chase's Ointment curing it both 'imes For the last two years he has not had any return symptoms at all, so we think that he is now entirely cured."

Dr. Chase's Ointment, 60c a box, at all dealers, or Edwanson, Bates & Co., Limited, Toronto.

Besides'her parent: she leaves the following half-brothers and half sisters: Gunner William Donahue of the 12th Battery Draft, Woodstock; and Margaret, Vincent, Adolla, Annie Nellie, John and Clare Donahue, all at home. The funeral was held on Monday afternoon to St. Mary's church, interment in St. Mary's cerneters. cemetery.

For Infants and Children

