

HOW TO AVOID BACKACHE AND NERVOUSNESS

Told by Mrs. Lynch From Own Experience.

Providence, R. I.—"I was all run down in health, was nervous, had headaches, my back ached all the time, I was tired and had no ambition for anything. I had taken a number of medicines which did me no good. One day I read about Lydia E. Pinkham's Vegetable Compound and what it had done for women, so I tried it. My nervousness and backache and headaches disappeared. I gained in weight and feel fine, so I can honestly recommend Lydia E. Pinkham's Vegetable Compound to any woman who is suffering as I was."—Mrs. ADELINA B. LYNCH, 100 Plain St., Providence, R. I. Backache and nervousness are symptoms or nature's warnings, which indicate a functional disturbance or an unhealthy condition which often develops into a more serious ailment. Women in this condition should not continue to drag along without help, but profit by Mrs. Lynch's experience, and try this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound—and for special advice write to Lydia E. Pinkham Med. Co., Lynn, Mass.



Canadian Soldiers To Return

London, April 16—In the House of Commons Mr. Archibald Hurd asked: Will the Secretary for War arrange that Canadian troops now awaiting repatriation be sent home upon British warships, in view of the scarcity of merchantmen? Mr. Wilson replied that the Admiralty had agreed to place a certain number of warships at the disposal of the authorities for the repatriation of troops. The difficult question of manning was being discussed between the Admiralty and the ministry of shipping. Anyhow, no difficulty was now being experienced in providing sufficient tonnage for the repatriation of Canadian authorities.

Steamers Crash In English Channel

London, April 16—(Reuters)—During bad weather in the Channel, a serious collision occurred, off Deal, between the Dutch steamer Delta, bound from Philadelphia to Amsterdam, and the Canadian Pacific Ocean Steamship Mottisfont. The Delta, which had a cargo of flour, sustained so much damage to her port bow that her stern tanks had to be flooded to keep the boat raised so as to prevent

the water rushing through the hole. The Delta took the assistance of Deal, but the Mottisfont, which was heavily tilted and leaking, proceeded slowly under her own steam. The Mottisfont is expected to reach London docks this afternoon.

The Best Medicine for Little Ones

There is no medicine for little ones to equal Baby's Own Tablets. The Tablets are a mild but thorough laxative; pleasant to take; do not gripe and never fail to relieve the little one of constipation, indigestion, colic or any of the other minor ailments. Concerning them Mrs. Jos. Monzerolle, Eel River Ridge, N. B., writes:—"I believe Baby's Own Tablets are the finest medicine for little ones I have ever used. From my own experience I would recommend every mother to keep a box on hand." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville Ont.

HELPFUL HINTS

The paraffine paper that comes in cracker boxes, etc., can be used to line cake tins before the batter is poured in. To keep tin's bright and make it last longer, apply white shellac with a clean paint brush two or three times a year.

Two Airmen Ready To Fly Across Ocean

St. John's Nfld., April 16—Favored by inclement weather which for five days prevented Harry G. Hawker, his Australian rival, from taking the air with his Sopwith biplane in competition for the \$50,000 trans-Atlantic flight prize offered by the London Daily Mail, Captain Frederick P. Raynham, British aviator, had his Martyn side machine all assembled tonight ready to "hop off" with the man from the antipodes as soon as the skies clear.

Indeed, the contest has reached a stage where it is no longer merely a race for preparedness, but one in which it seems probable the two planes will speed across the ocean, throbbles wide open, in a dash which calls not only for endurance but speed.

The race also calls for a test of two different air courses. The route plotted by Commander Mackenzie Grieve Hawke's navigator, turns south from here and later slings northeast toward the Irish coast. Major C. W. Morgan, Raynham's navigator, on the other hand, had laid a course directly for Ireland.

Both pilots, however, plan to land at Brooklands, in England, and for each the course is approximately 2,000 miles. Both planes plan to start late in the afternoon, in order to reduce the number of hours of night flying



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by racing toward the sun.

The embargo against flying, established at first by wind and kept in force by rain and fog was not lifted today when snow, falling inches deep added to the mire of the take-off grounds. If the mud thickens Raynham's chances of being first to fly, will be improved, for whereas Hawker will have to "taxi" through a boggy field with "fifty-five" odds of getting up speed, his rival will be able to rush down a road into the air. Even this road, however, was today becoming "gummy."

Tonight weather conditions were a little better for the "bizzard" of morning had been blown out to sea. There was, however, none of their favoring winds for which both pilots have been praying.

Major Arthur Artridge, R. A. F., representing the Royal Aero Club as official referee of the flight, late today affixed the club's seal to the Martynside, after it had been pronounced by its pilot fit to fly. He also recorded the engine number these formalities over, the plane was graduated to the stage reached by the Sopwith about a week ago.

The Martynside, however, is scheduled to make a trial flight before its dash overseas, but it was said tonight at Raynham's camp, that if weather did not allow of this preliminary flight he was ready to start the race after merely testing the engine while the plane was on the ground.



BEING AN EDITOR

Most any man can be an editor. All the editor has to do is sit at a desk six days a week, four weeks a month, and twelve months a year and edit such stuff as this:

"Mrs. Jones, of Cactus Creek, let a canopener slip last week and cut herself in the pantry. Joe Doe climbed on the roof of his house last week looking for a leak and fell, landing on his back porch. While Harold Green was escorting Miss Violet Wise from the church social last Saturday night a savage dog attacked them and bit Mr. Green on the public square. Mr. Frang, while harnessing a broncho last Saturday, was kicked just south of his corn crib."—Exchange.

A Quick Relief for Headache

A headache is frequently caused by badly digested food; the gases and acids resulting therefrom are absorbed by the blood which in turn irritates the nerves and causes painful symptoms called headache, neuralgia, rheumatism, etc. 15 to 30 drops of Mother Seigel's Syrup will correct faulty digestion and afford relief.

CLEANING, PRESSING, REPAIRING

Ladies' and Gents' Clothing

I beg to announce that I have opened a shop in the Morrissey Block, where I will be pleased to attend to your wants in Cleaning, Pressing and Repairing of Ladies' and Gents' Clothing.

Satisfaction Guaranteed and Prices Right.

B. WATLING

Steamer For Sale

The steamer "RUSTLER" and her equipment made up of Hull, Boiler, and Engine, now lying on the shore below the Ritchie Mill, Newcastle, will be sold at private sale en bloc or separately.

The hull is of Juniper frame, well timbered, birch planking and generally speaking, is in a fair state of preservation.

The boiler is Mumford Brady type, built by Robb Engineering Company, carrying 125 pounds working pressure. Will burn either coal or wood and is in first class condition. Will be suitable for mill or factory.

ENGINE

Engine Cylinder 15:10 developing 75 horse power. Length of boat 97 feet, keel 105 over all, 40 feet beam, draft 4 feet.

For further particulars apply to John Ferguson, of the Newcastle Steamboat Company, Ltd.

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