NEW HEALTH FOR WOMEN

The most fateful years in a woman's life are those between 45 and 50. Many of the sex enter this period under de-

pressing conditions through overwork or worry about the home, or through a condition in which the blood is weak

or watery and so they suffer heavily

Among the commonest symptoms are headaches, feverish flushes, palpitatio of the heart, dizziness, backache, de

pression and other well-recognized dis-

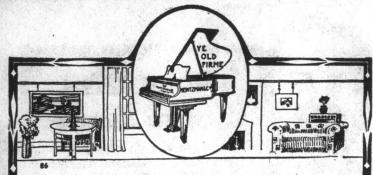
turbances of the health which signalizes that the blood requires attention. Women urgently need rich, red blood

all their lives, but never more so than

make by taking Dr. Williams' Pink Pills, for these pills make rich, red blood, which in turn stimulates the

Saskatoon, Oct. 19.—The Star expres

in manufacturing intoxicating



An Established Standard

For sixty-five years the Heintzman & Co. piano has been the established standard of high art in piano making. It is not merely for their beautiful and artistic cases that these instruments are renowned, but because of their fine and particularly sympathetic tone. It is because of the wonderful tone of the

Keintzman & Co.

that Tetrazzini and Ruffo chose it to sing'to on their Canadian tour; that De Pachmann chose it for his Canadian concerts; that Nordica, Albani, Sembrich, and many other world-famous artists became enthusiastic in its praise.

The Heintzman tone is permanent-it is built right into the instrument-there for a lifetime.

Showrooms: 322 Eighth Avenue West D. J. McCutcheon, Mgr.

BRITISH FOOD PRICES

Nearly Everything Has Doubled London Newspaper Complains Since War.

London, Oct. 19 .- (Via Reuter's Otnt labor gazette, which says: pre-war level. Milk is 78 per cent. higher than in July, 1914.

cent. as compared with before the war: autumn of 1915, the newspaper says: Beef, nearly 100; mutton, 97; im-

ter. 99: cheese, 91; eggs, 160. light the increase has been nearly 80 of the American fleet. per cent, allowing 5 per cent for ad-Thirty principal towns in Australia show an increase in food prices 26 per cent. higher than in July, 1914.

which tells of matal enclosed machines for the purpose of co-operating with in-fantry, prints a line across the front page: "Tanks in the Air, Latest Hun Device."

London, Oct. 19.-The Daily Mail tawa Agency.)—An interesting report condemns what it terms the failure of on food prices is published in the gov- the British fleet from preventing the

of German Success in Baltic.

German fleet from becoming master of Beef and mutton now exceed their the Gulf of Riga and demands "that pre-war prices by 18 pence a pound, the admiralty make an explanation of Butter and bacon are now double their this humiliating display in the Baltic." After recalling the successes of the British submarines against the Ger-The following are the increases per mans in the Baltic in the summer and "The Germans have accomplished all

ported beef, 132; imported mutton, 153; they were prevented from achieving in on, 110; fish, 156; sugar, 190; but- 1915, and they have done so without a single blow being struck at them by In the cost of all items ordinarily any arm of the British navy-a navy entering into the working class family, far stronger than it was two years ago including food, rent, clothing, fuel and and recently reinforced by the addition

THE LIBERTY LOAN

Washington, Oct. 19 -The Liberty loan campaign continued its gains today and treasury officials announced night. Officials were optimistic that the \$5,000,000,000 minimum mark would be greatly oversubscribed by the close of the campaign, October 27.

CALGARY MUNICIPAL RAILWAY

Proposed Schedule Ogden Line

Operating In and Out Vin Ninth Avenue, to Take Effect Monday, October 22 CARS WILL LEAVE:

Twelfth Avenue and Second Street East-6.00 a.m. via Twelfth Avenue; 6.20 a.m. via Ninth Avenue.

Ogden Power House—6,20 a.m.

Eighth Avenue and Center Street Out Via Ninth Avenue—7.00 a.m.

And every 40 minutes. Deaving each end on the odd hour, and 20 minutes to and 20 minutes after the even hour up to 10.20 p.m. Thereafter 11.20 from Calgary, and 11.50 from Ogden.

All Special Cars, to and from Ogden Shops, via Twelfth Avenue, will eperate as heretofore. ployes' Special will carry scholars from the Ramsay School at 4.10 p.m. daily, via Burns Avenue.

BOWNESS CAR-PROPOSED SCHEDULE, OCTOBER 22 Avenue and Center Street- Bowness-7.07 a.m., 8.07 a.m., 10.30 6.22 a.m., 7.22 a.m., 9.45 a.m., 12.22 p.m. 4.22 p.m. 5.22 p.m. 6.22 p.m.,

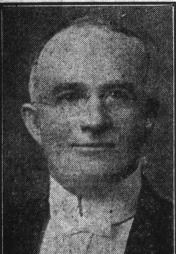
You Can't Be 100 Per Cent Efficient If Your Eyes Trouble You SEE US FOR SATISFACTION

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Dentistry Without Pain



The greatest pain-saving methods known to modern dentistry. Why pay big prices when you get absolutely the best materials and workmanship at a

p.m., 7.07 p.m., 11.07 p.m.

50 Per Cent REDUCTION

My ability enables me to perform any dental operation easily, quickly, perfectly, and with the east possible pain and inconvenience to my patients. I have the largest Practice in Western Canada (west of Win-

A ten years' guarantee with all my work. Examination and consultation free.

Office open evenings. PHONE M1212

DR. HALL, Dental Specialist Philadelphia Graduate, and Teacher of Crown and Bridge Work SUITE 7, ROYAL BANK CHAMBERS

Special attention given to out-of-town patients



RIGA GULF ISLANDS IS WHERE GERMANS DEFEATED SLAVS Oesel and Dago islands are at the entrance to the Gulf of Riga, and provide easy access to the mainland over small intermediate islands. Dago feland is about 200 miles from Petrograd. Its position derives additional importance from the fact that it is almost at the mouth of the Gulf of Finland, at the head of which is Kronstadt, which defends Petrograd. Oesel, island is nearly 100 miles north of Riga. The landing of German troops in Esthonia would threaten the outflanking of the Russian line and probably compel a retreat on a wide section of the front, if indeed it did not open the way to Petrograd itself. A rail-way line follows the coast all the way from Hapsal, opposite Dago island to Petrograd.

Statement Made to Priest by Irish Soldier; Great Work of the Irish Brigade

Dublin, Oct. 19.—A series of vivid pen pictures of the life of Irish soldiers in France, written by the late Major William Redmond, the distinguished Irish leader, shortly before his death at the front, have been collected by Mrs. Redmond, and are to be published shortly in the form of a small memorial volume. Extracts from some of the most strikping of these letters have been put at blood, which in turn stimulates the CONDEMNS BRITISH FLEET ing of these letters have been put at the disposal of the Associated Press
One of Major Redmond's letters deals with the capture of Ginchy by the Irish troops. "A notable feature of the charge at Ginchy," he says, "was that the Irishmen sang Irish patriotic songs, one battalion to the other, as they charged and the effect created was most ing of these letters have been put at the disposal of the Associated Press charged, and the effect created was most inspiring." The scene after the battle he described as follows:

which Dr. Williams' Pink Pills so easily afford, and you will be among those who rejoice in regained health. These

"The Germans surrendered very free"The Germans surrendered very freely, and in very few instances waited for the bayonets of the Irish. When able, the enemy maed good his retreat, but the Dr. Williams' Medicine Co., Brockwhen this was not possible, he sur-rendered and threw down his arms. In some cases, however, treachery was at

tempted.
"I met a Munster Fusiker who iu the confusion of the battle had got separated from his battalion. He was resting by the road waiting to find someone who could direct him to his headquarters. He was covered with mud, but full of genuine enthusiasm.

"I asked if his battalion had made many prisoners. He replied 'Yes,' but added that once or twice the Germans." added that once or twice the Germans had tried treacherous tricks. One party advanced as if to surrender, on, Oct. 18.—The Daily Express reto a clause in a Reuter dispatch new German simplane program, tells of metal enclosed machines "One prisoner said, 'We do not want war—it is the war of the rich man,

and the poor always suffer."
"Nearly all the Irish possessed some trophies of the fight, and it was a common sight to see even the wounded on the stretchers clutching in their hands German helmets and bits of enemy equipment.
'Many of our wounded were just

boys, and it was extraordinary how they bore pain which must have been intense. Very few murmurings were heard. One young man said to the chaplain, 'Of, father, it is hard to die so far from home in the wilds of France!' Certainly the fair land of France just here did seem wild—the trees all torn and riven with shot and the earth on every side plawed with

huge shell holes.
"The Irishmen, while clearly immensely pleased with themselves, showed no undue exaltation, and their de-meanor towards their captives was good humored and even kind. It was pleasant to see how tenderly they helped the wounded Germans along, and down the road from the dressing station it was a common sight to see our men helping along prisoners just as kindly as if they were their own comrades.

"The losses in the Irish battalions were naturally heavy, but by no means very great in view of the work that nad been done "It is not too much to say that the

whole army has expressed warm ad-niration for the action of the Irish roops; and the capture of Ginchy, oming hot foot on the taking of Guil-ement, has put, it is safe to say, an entirely new complexion on the whole position in this part of the line, "A captured German officer declared that his people had believed that Ginchy could not be taken. 'But,' he added, 'you attacked us with devils, not men—no one could withstand them.'"

MUCH DUPLICATION OF MILK ROUTES

Food Controller Is Giving Thought to Milk

Problem

Ottawa, Oct. 19.-The problem before the milk committee is to ascertain the cost of producing and the cost of distribution of milk to see if means cannot be suggested of reducing these costs, or at any rate, of preventing them from going higher. Such is the view of P. B. Tustin, chief of the food and dairy division of Winnipeg and chairman of the milk com-mittee adopted by the food controller. As explaining some of the difficulties which lie in reducing the price to the conumer. Mr. Tustin said that the high price sumer, Mr. Tustin said that the mgn price offered by the milk condensing plants in Canada and those just south of the international boundary, gave the farmer an alternative market. The price offered for milk for condensing practically determined the price which must be paid by the city consumer.

the city consumer. "I have been amazed." Mr. Tustin continued, "at the extent of duplication of milk delivery ruotes in some of our cities. The largest number of distributors, each of whom must receive from his business at the expense of the public, at least shough to support himself and family, eems to be a very considerable factor in the high cost of milk in some places. It is one of the factors in the situation which we must consider."

STRONG FOR THE UNION Halifax, Oct. 19 .- The Chronicle (Libral) in a leading article today comes out in support of the union government. In the course of the article it says: "Co-operation with a union government does not require a Liberal to leave his party or a Conservative to leave his. In these circumstances and for these purposes this paper believes that the Liberal party of Nova Scotia should give its co-operation

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Be thrifty-Buy your Hardware from us and note the worth-while savings.



LARGE SAUCE PANS Famous "Wear-ever" aluminum

ware. Reg. \$1.15. Sale89¢

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\$3.50. Two days\$2.89 TIN TEA KETTLES

With copper bottoms; worth

ALARM CLOCKS FOR \$1.59 Sold to you on 12 months' guarantee clocks which keep good

Two days' special\$1.59 "Big Ben" Clocks\$3.50 INGERSOLL

WATCHES Each \$2.50, \$2.75, \$3.25 to \$4.50 GAS



are here, priced at low costs Each .. \$7.50 to ... \$16.00

BONE GRINDERS MAKE FOR BIG DIVIDENDS FOR CHICKEN RAISERS Green bone is the greatest egg

producer, and makes your hens vigorous and healthy. Our Bone Each ..\$15.00, \$18.00, \$25.00 CHICKEN HOUSE

ROOFING 2-ply grade, complete ready to put on Roll covers 100 square feet Reg. \$2.50. Sale\$2.19

SNOW SHOVELS

Extra strong and will do as coal shovel as well; two styles at, each85¢ and \$1.35 FURNACE SCOOPS

Made of heavy steel and with grip handles. Our price, each 85¢ FURNACE FLUE BRUSHES FOR 65¢

Have long twisted wire handles, flues of all furnaces. Each .. 65¢

AUTOMOBILE CHAINS To fit every size of tire; hest styles, including the famous "Weed" make. Per set \$2.65

SEE OUR NEW "READY HEAT" ELECTRIC STOVE

AT \$4.50 They boil your kettle, fry meat or potatoes, toast your bread, heat that cold room-attach to any lamp socket. Each\$4.50

WEATHER STRIP

BRASS CURTAIN RODS Reg. 20c each. On sale two days 3 for50¢

CHAIR SEATS Made of fibre. Each30¢ Upholstered Seats for Chairs-

HEAVY TIN WASH BOILERS

With heavy copper bottoms. Re \$4.25. Sale\$3.89

GALVANIZED WASH BOILERS \$1.69 Our own hand-made boilers

which last for years. Reg. \$2.00 Sale\$1.69 SCISSORS AND SHEARS FOR

DRESSMAKING We show a very full ssortment. Small Scissors at. pair35¢ 50¢ to\$2.00 Shears at, pair35¢ to\$8.00

> TAILORS' SHEARS TAILORS' SQUARES TAILORS' CURVE STICKS

ELECTRIC IRONS FOR \$3.69

anteed for five years. Reg. \$4.50 each.

sale\$3.69 CASTERS FOR «

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......20¢, 35¢, 45¢ to 85¢ FURNITURE SLIDERS Very easy to put on. Set 150

GAS RANGES Best grades all sizes. Every one priced low

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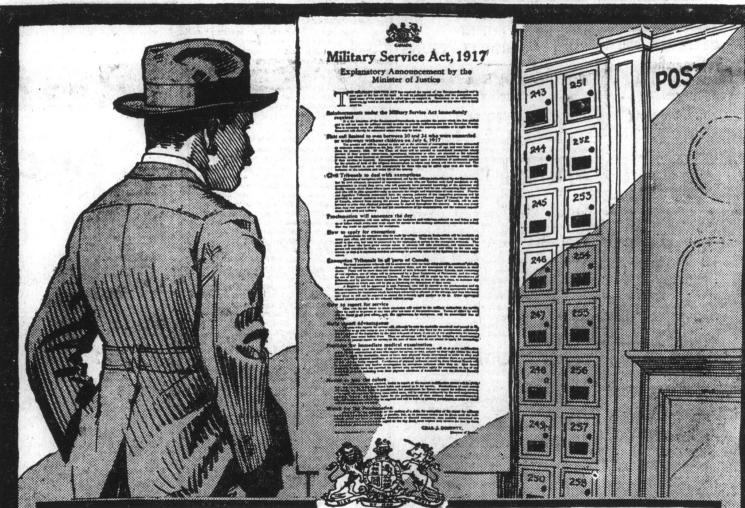
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Not

LESS CLAIMS RECEIVED

Winnipeg, Oct. 19.—While the registration is still light there is a larger per-jout the report for service blanks and thus



Should You Be Exempt?

Every facility is afforded those who have reasonable ground for applying for exemption under the Military Service Act. Each man's case will be considered by a local, civil board, sitting in the locality where he lives, and will be decided as is desirable in the national interest. The idea behind the Military Service Act is to call up first only those whose absence from civilian occupations will cause least disturbance to the country's economic and social life. One hundred thousand reinforcements—no more—are to be raised under the Act.

Cases of Exemption

Over 1,250 civic tribunals have been organized throughout Canada, known as Exemption Tribunals. These boards are comprised of 2 members, one appointed by the county judge and one by a joint committee of Parliament. It will be seen that these tribunals are non-military and independent. The members are men closely acquainted with conditions in the places where they sit and will be able to give each case sympathetic attention.

National Interest Will Govern Exemptions

Consideration will be given to applications for exemption received from men engaged in the production or manufacture of commodities necessary to the conduct of the war and the support of those at home and cases in which real hardship would be caused by the withdrawal. Not all men who register these claims will be exempted, but such claims will receive careful consideration. National interest must govern.

Promptness is Essential

Prompt application for exemption is strongly urged upon all who, being included in the first class, believe they deserve exemption. But first visit a Medical Board and find out if any further action is required. Unless the Medical examination places you in Category A., you will have no immediate obligation for service.

The Military Service Council.