

## MRS. MISENER'S ACHES AND PAINS

Vanished After Using Lydia  
E. Pinkham's Vegetable  
Compound

"Branchton, Ont.—When I wrote to you for help my action was mostly prompted by curiosity. I wondered if I, too, would be cured by your medicine. I was the most miserable creature I ever taken, I thought I was going to die. I am relieved of most of my sufferings. I have taken a box of Lydia E. Pinkham's Vegetable Compound and I can honestly say I have never been so well before. I had suffered from pains and other troubles since I was fifteen years old, and during the 'Great War' period I worked on munitions for two years, and, in the heavy lifting which my work called for, I strained myself, causing pelvic inflammation from which I have suffered untold agony, and I often had to give up and go to bed. I had doctored for several years without getting permanent relief, when I started to take your medicine."—Mrs. GOLDWIN MISENER, Branchton, Ont.

Write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments of Women." C

## WE LEAD! Others Follow!

The Ontario Equitable was the first Canadian Co. to give a Total and Permanent Disability Clause providing for payment of \$20 per month for each \$1000 of Insurance.

The Ontario Equitable now leads in introducing a Combined Life, Health, and Accident Policy. Under this new form of protection a policy of \$5000 can be issued to provide for the following payments:  
Death .....\$5,000  
Accidental Death.....\$10,000  
Monthly income in event of Total or Permanent Disability \$100.00

Monthly income for Temporary Disability from Accident or Sickness for a period of twelve months \$100.00  
Get this Policy and you are Insured.

**W. E. RUSSELL**  
Agent Newcastle, N. B.

**All About Horses**

Get this book! You cannot afford to be without it. It costs you nothing! If you own horses, it can save you hundreds of dollars.

The book—"A Treatise on the Horse"—is yours for the asking, at your druggist's. The horse and all about him—his diseases—how to recognize them—what to do about them—with chapters on breeding—diseases and showing—feeding—stable management and general horse management—ask your druggist for a copy of "A Treatise on the Horse" or write to direct—

Dr. B. J. KENDALL CO.,  
Enosburg Falls, Vt. U.S.A.

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KINDLY REMIT YOUR SUBSCRIPTION TO THE ADVOCATE

## Something to Consider

Who makes the RANGES sold here and did you ever try to find out the REPUTATION of the foundries back of the ranges on sale? Then did you ever consider the KNOWLEDGE the salesman has of a stove or range while he TALKS to you and you are looking over a range? There is nothing so VOID of SENSE as a person talking RANGE who has not grown up in the business.

When you want a RANGE call and let us REASON a bit with you.

We have the finest line of RANGES produced in CANADA. Our prices cannot be trimmed—we know the Business and have no substitute for QUALITY.

This is the REASON we have the RANGE business of the entire country.

**FURNACES STOVES RANGES**  
Hot Water Heating and Plumbing a Specialty  
**B. F. MALTBY,**

Phone 121 Newcastle, N. B.

## INSULIN

Issued under the Auspices of  
the Medical Society of  
Nova Scotia

Because of many misconceptions which exist in the mind of the laity with reference to insulin, it is desirable to explain how this substance acts, and to indicate the extent of its usefulness in the treatment of diabetes.

In the normal condition a certain allowance of carbohydrate food stuff is required, not only for the production of body heat but also for energy but to secure proper results from other foods the fats and proteins. We derive our supply of carbohydrate mainly from foods of vegetable origin. All forms of carbohydrate are normally changed in the body into sugar, and this sugar is either utilized at once in the production of energy, or is stored up for future use in the form of glycogen.

A fascinating story could be told of the manner in which physiologists and biochemists gradually and systematically demonstrated the part which certain portions of the organ called the pancreas play in determining the fate of the carbohydrate we consume. But it must suffice to say that, in health, these portions of the pancreas secrete a substance which enables the body to make use of sugar. In the absence of this substance, the carbohydrate cannot be properly utilized and the sugar derived from them is largely or wholly wasted, while the corrective influence of these foodstuffs upon the fats and protein is reduced and perhaps lost. To this last factor we must attribute the most serious symptoms of diabetes.

The chemistry of the animal body is exceedingly complex, and the difficulties to be overcome in the isolation of this substance which we now know is insulin, was so great that when our own Banting and his co-workers succeeded in establishing a method for obtaining it for use in medicine, it may be claimed that one of the greatest triumphs of man's ingenuity was achieved. By the administration of insulin to diabetic patients, the deficiency due to disease of the pancreas can be overcome to a great extent, and an enormous saving of life and of suffering will undoubtedly result.

It is to be noted that Banting and those associated with him, in this great work, have been the first to point out that insulin is not to be regarded as a curative agent. It has already brought many persons back from the very brink of the grave, and restored them to years of comfort and usefulness, but it does not recover a pancreas which has already been damaged beyond repair. In many cases, apparently, it has been instrumental in assisting in the restoration of function when the pancreas has not been too seriously crippled; but when the organ is destroyed or very seriously diseased, the insulin which it should secrete must be supplied artificially.

throughout the life of the individual. In all cases most careful attention must be given to the diet, and in quite a large proportion the regulation of the diet is all that is required. Obviously, such a treatment depends particularly upon the extent to which the disease has advanced as the time treatment is commenced. Diabetes is a very common disease, and its direct and indirect effects are the cause of much suffering and death.

In strict accordance with the traditions of the so-called "regular" school of medicine, Banting and his co-workers have given their discoveries to the world without reservation and without thought of personal profit. For the protection of the public against the host of fakirs who are ever ready to exploit thoughtless sick people for their own enrichment, an arrangement has been made by the University of Toronto, and has patented the method of producing insulin. This, however, is only to assure the production of reliable insulin at the lowest practicable price. Any reputable concerns which will undertake to make insulin in conformity with Banting's method under the general supervision of the University, and at a price which can be shown as reasonable, will not only be permitted to manufacture it, but will have, free of any charge, all the assistance the University can render. This splendid service by a great University will be appreciated by every one who has the welfare of the public at heart.

## GUARD THE BABY AGAINST COLDS

To guard the baby against colds nothing can equal Baby's Own Tablets. The Tablets are a mild laxative that will keep the little one's stomach and bowels working regularly. It is a recognized fact that where the stomach and bowels are in good order that colds will not exist; that the health of the little one will be good and that he will thrive and be good and that he will thrive and be happy and goodnatured. The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## GERMANY HAS TO ADMIT DEFEAT

Germany has decided to end unconditionally her weaponless and moral fight against the occupation of her economic stronghold, the Ruhr, and an immediate resumption of work has been ordered in all fields of activity affected by the policy of passive resistance.

Chancellor Stresemann, making this announcement, after a long conference with representatives of labor industry and the civilian populations of the Ruhr and Rhineland, said the government's efforts for the present would be directed toward obtaining the release of prisoners and the return of deportees. Attempts to accomplish these purposes, as well as to obtain guarantees of the restoration of German sovereignty in the occupied region, had been unsuccessful, the chancellor said, thus passive resistance had lost its purpose and had become even harmful to the best interests of the country.

The Conference at which the decision to capitulate was made was attended by 300 Germans representing all political parties, the industrialists, the labor organizations and the local administration in the Rhineland and Ruhr. It was of negotiating directly with France.

## SPECIALS AT Mitchell's Meat Market

|                          |        |
|--------------------------|--------|
| Best Molasses per gal.   | \$1.00 |
| 13 lbs. Eggs             | \$1.00 |
| 13 lbs. Surprise Soap    | \$1.00 |
| 12 lbs. Pearl White Soap | \$1.00 |
| 13 lbs. Comfort Soap     | 1.00   |
| 13 lbs. Gold Soap        | 1.00   |
| Seeded Raisins 15 oz.    | 20c    |
| Seeded Raisins 15 oz.    | 20c    |
| Seeded Raisins 11 oz.    | 15c    |
| 6 cans Tomatoes          | \$1.00 |
| 6 cans Peas              | \$1.00 |
| 5 cans Blue Berries      | \$1.00 |

|                         |     |
|-------------------------|-----|
| Steak per lb.           | 20c |
| Rib Roast per lb.       | 15c |
| Stew Meat per lb.       | 12c |
| Soup Meat per lb.       | 5c  |
| Corned Beef per lb.     | 15c |
| Choice Ham per lb.      | 40c |
| Roll Bacon per lb.      | 28c |
| Picnic Ham per lb.      | 20c |
| Breakfast Bacon per lb. | 40c |
| Spare Ribs per lb.      | 15c |
| Cooked Ham per lb.      | 50c |
| Fat Pork per lb.        | 20c |

### Fruits in Season

Grapes, Apples, Pears, Plums, Peaches, Oranges, Bananas.

### Baskets of Fruit

We have a large quantity of small Baskets of assorted fruits. Take one home and try it.

### Preserving Fruits etc.

Green Gages, Plums, Pears and Peaches. Perfect Seal Pint and Quart Jars, Parowax, Rubber Rings etc.

### Sausages

The Home-made kind, filled with choice cuttings of pork. They are delicious. Try a few lbs. .... 20c. lb.

For Pickling we will have Cucumbers, Green Tomatoes, Red Peppers, Celery, Pickling Spices, Tumeric, Mustard Seed, Celery Seed, Curry Powder, White Wine & Cider Vinegar. Leave your order with us and we will fill it promptly.

**Lamb, Pork, Beef and Fresh Fish always on hand.**  
**Fresh Vegetables arriving daily.**

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Everything in Meats & Groceries

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**FLOUR,**

**FEED,**

**ETC.**

## Canadian Pacific Directors on Annual Tour



E. W. Beatty, president of the Canadian Pacific Railway, is now on his annual tour of inspection over the Company's lines. He is accompanied by a number of Canadian Pacific Directors, and the trip will probably prove of more than usual importance in view of the many questions connected with transportation that are under discussion in the West.

The party of directors consists of Sir Herbert Holt, Montreal; Sir Augustus Nanton, Winnipeg; J. K. L. Ross, Montreal; F. W. Molson, Montreal; and W. N. Tilley, K.C., of Toronto. Vice-President A. D. Mac Tier accompanied the President as far as Port Arthur. The party left Montreal on September 6 and made the first stop at Toronto, leaving next day for Port Arthur and Fort William. Last stops were made at Winnipeg, Brandon, Moose Jaw, Medicine Hat, Calgary and Revelstoke. At Winnipeg a meeting of the board of directors was held, this being the first time in the history of the Canadian Pacific Railway that such a meeting has been held in Western Canada. Vancouver was reached on September 15th, and the party then proceeded to Skagway by the Canadian Pacific Coast Steamship Service. They will return to Vancouver on September 24th. The return journey will be made via Nelson, Lethbridge, Calgary and Edmonton. A short stop will be made at Nelson on September 30th, at Lethbridge, on October 1st, Calgary, October 2nd, Edmonton, October 3rd, Saskatoon, October 4th and at Winnipeg the following day.

The Chancellor told the conference that a continuation of the Ruhr struggle would mean that Germany would bleed to death and that the continuation of the adherence of the occupied regions to the republic would be threatened. "In the course of battle," he said, "it sometimes becomes necessary to surrender or evacuate a fortress because it requires too many men, too much food and too much ammunition

unanimously agreed that Germany could hope to gain nothing by continuing to oppose France and Belgium. But there was some difference of opinion on the advisability of negotiating directly with France.

It was of negotiating directly with France.