WOMEN OF MIDDLE AGE

Relieved of Nervousness and Other Distressing Ailments by Lydia E. Pinkham's Vegetable Compound

Brooklyn, N. Y.—"I first took Lydia E. Pinkham's Vegetable Compound four years ago, and am taking it now for the Change of Life and other troubles and I receive great benefit from it. I am willing to let you use my letter as a testimonial because it is the truth. I found your booklet in my letter-box and read it carefully, and that is how I came to take the Vegetable Compound myself. It has given me quiet nerves so that I sleep all night, and a better appetite. I have recommended it already to all my friends and relatives."—Mrs. ENGLEMANN, 2032 Palmetto St., Ridgewood, Brooklyn, N.Y.

For the woman suffering from nervous troubles causing sleeplessness, headache, hysteria, "the blues," Lydia E. Pinkham's Vegetable Compound will be found a splendid medicine. For the woman of middle age who is passing through the trials of that period, it can be depended upon to relieve the troubles common at that time.

Remember, the Vegetable Compound has a record of nearly fifty years of service and thousands of women praise its merit, as does Mrs. Englemann. You should give it a fair trial now.

LADY LAURA'S RELEASE

—OR—

THE STORY OF A SPOILED BEAUTY.

CHAPTER XXVI.

Rumor for once spoke the truth. The captain had arranged to take his wife and Angela to Nice. Lady Laura had lost her brightness, her dainty bloom, her radiance; and there was a constant shadow in her eyes, and curious lines that suggested intense mental suffering were round her lips. She was but the wreck of the bright, beautiful woman who had left Rood Abbey a short time before. One by one she had given up the pleasures of the season. She could not attend the balls, the late hours tired her too much; she could not endure the garden-parties, or "at homes," or receptions. One by one she had given them all up; and then, after a short stay in Scotland, a fashionable physician was consulted. He knew what ailed her ladyship before he was called in, and gave his opinion at once—"Change of air and perfect rest." The captain suggested Nice for the winter, and his wife was quite willing. It was a matter of indifference to her whither she went.

"I shall not be able to remain at Nice the whole time," the captain announced; "but I shall be there for a while."

To be shut up in a villa with a delicate wife and an antagonistic stepdaughter was not the line of life best suited to the dashing captain. He felt, however, that he had done his duty in consulting the most fashionable physician in London and in hastening to carry out his instructions.

Then matters improved for a time. Lady Laura enjoyed and benefited by the change, the captain being kind to her in a lazy, indifferent fashion. He drove out with her; he sat with her at times; once or twice even he carried his complacency so far as to read the newspapers to her.

She tried to dismiss the memories of the past and be happy, but her soul seemed to be dead within her. She knew that he did not love her, that he never had loved her; and in every action of his, in every word, in every deed, she traced his want of love.

There was nothing, however, to complain of during those few weeks. The captain certainly would leave her at times for a few days; but she never asked whither he was going, and he never volunteered any information.

When he returned he never said anything of where he had been or what he had done, and she never asked.

All minor interests had died in her heart; the one great fact lay ever before her—he did not love her—a fact that shadowed her life and darkened the whole world to her.

She made many efforts during the time to win him back to her. It dawned across her slowly that there could be no renewal of a love that had never existed.

"When I have fully mastered that truth," she said to herself; "and realize what it means, I shall be ready to die!"

Never had mother a more devoted child than was Angela at this trying period.

Invitations were lavished upon them; but Lady Laura was compelled to decline them because of her health, and Angela because she would not leave her mother.

The captain was the only member of the family who went into society, and he was always warmly welcomed.

He soon became as popular in Nice as he had been in London, and he was rather pitied than otherwise for having a "delicate wife."

"A sad drawback!" "A constant anxiety!" the ladies remarked; but who amongst them knew that it was he himself who had driven the bloom from his wife's cheeks and had wrecked her happiness?

"Angel," said Lady Laura one day, "I wish you would go out more. I cannot bear to see you shut up, as it were, with me."

"Do you call this shut up, mamma?" asked Angela, with a smile, as she looked round on the charming scenery.

"I mean, my dear, that you are always by my side. You might have gone to that picnic to-day."

"But I preferred remaining with you, darling," rejoined the girl, with intense love shining in her eyes. "I always do, and always shall. My greatest earthly delight is to be with you, mamma."

"How you remind me of your father, child! He had the same loving, impulsive manner, and the same warm heart!"

"I am glad that I remind you of him, mamma," said the girl, well pleased.

"You do indeed, my dear; and there is something in your voice which grows more like his. It is like sweet music to me."

"I am delighted to hear you say that," declared Angela. "I have often wished that I were more like him. I remember his bright face and laughing eyes so well. How kind he was to every one—how good he was, how true! I love to think of him."

Out of the fullness of her heart she told many little anecdotes of the father whom she had loved so much. Lady Laura listened with a smile on her face, and for once the captain was forgotten. Some of the lost peace and happiness came back to the fragile lady who had been once so dearly loved.

* * * * * * *

Lady Laura Wynyard and her daughter passed the next summer in Switzerland, and one beautiful morning in August they were in the grounds of their villa. The golden sun shone on the blue waters; the air was fresh and invigorating. An invalid-chair had been placed for Lady Laura under the drooping boughs of a tall tree, so that she might rest in the shade. The captain had gone to a picnic, leaving the mother and daughter together.

"Angela," said her ladyship, "you are strangely unlike other girls. You are more than eighteen years of age, yet you have never had a lover, you have never met any one you care for."

"No," laughed Angela, "I am fancy free, mamma. I love you best in the world, and, while I have you to love and care for, I want no one else. I do not believe," she added, turning with a pretty caressing gesture to her mother, "that even you know how much I love you."

"I know you are the best and dearest daughter in the world," responded her ladyship; but, Angel, you must marry some time or other."

"I do not see the absolute necessity, mamma," the girl said, gravely. "I can imagine a very happy life without marriage. I met many nice men in London—handsome, clever, and agreeable; but I never met one whom I should care to marry." She looked at her mother with laughing eyes, as she added, "I will wait, mamma, until I find some one like my father, and I will marry him, then I must be happy."

Just for that one hour they had both forgotten the captain and the weight of sorrow that oppressed them.

CHAPTER XXVII.

The month of September had drawn to a close, and the captain had begun to tire of Switzerland. The beauties of nature had but little charm for him, and he would have found the time hang terribly heavy on his hands but for a small and select circle of friends, most of them men of his own caliber, who were stopping in the same place. He made many excuses to himself—he was tired of the Continent—Lady Laura was much better—it was time they had a change. But the real truth remained—he wanted to see Gladys Rane once more. Her ladyship might, from his silence, have thought that he had forgotten her; but she knew the days on which the mail brought letters from Paris. She knew the envelopes with the pretty monogram "G.R.," and the sweet subtle odor of violets that distinguished everything that belonged to Gladys Rane. She saw that on the days these letters came her husband was always light hearted and happy. She would find him sitting alone, with a happy brooding smile on his face, and she knew the cause of it.

How could she get well? Why need she get well? She had wantonly spoiled and ruined her life by marrying a man for his good looks, and she must pay the penalty.

(To be continued.)

A Well Doer

DR. SLOAN'S LINIMENT does more to drive away pains and aches than any other known remedy; that is why thousands of people the world over call it "pain's enemy."

Rheumatism, sciatica, stiff neck, sore and tired muscles, lumbago, neuralgia, neuritis, sprains and bruises are instantly relieved by

SLOAN'S LINIMENT

Have legitimate without portrait and signature of

Dr Earl Sloan

At all druggists and dealers.

SLOAN'S LINIMENT (PAIN'S ENEMY)

SOLD BY GEO. KNOWLING, LTD.

COLDS GRIP

Fortify the system against Colds, Grip and Influenza by taking

Laxative

Bromo Quinine

Tablets

which destroy germs, act as a tonic laxative, and keep the system in condition to throw off all attacks of Colds, Grip and Influenza.

Be sure you get

BROMO

The box bears this signature

E. W. Grove

Price 30c.

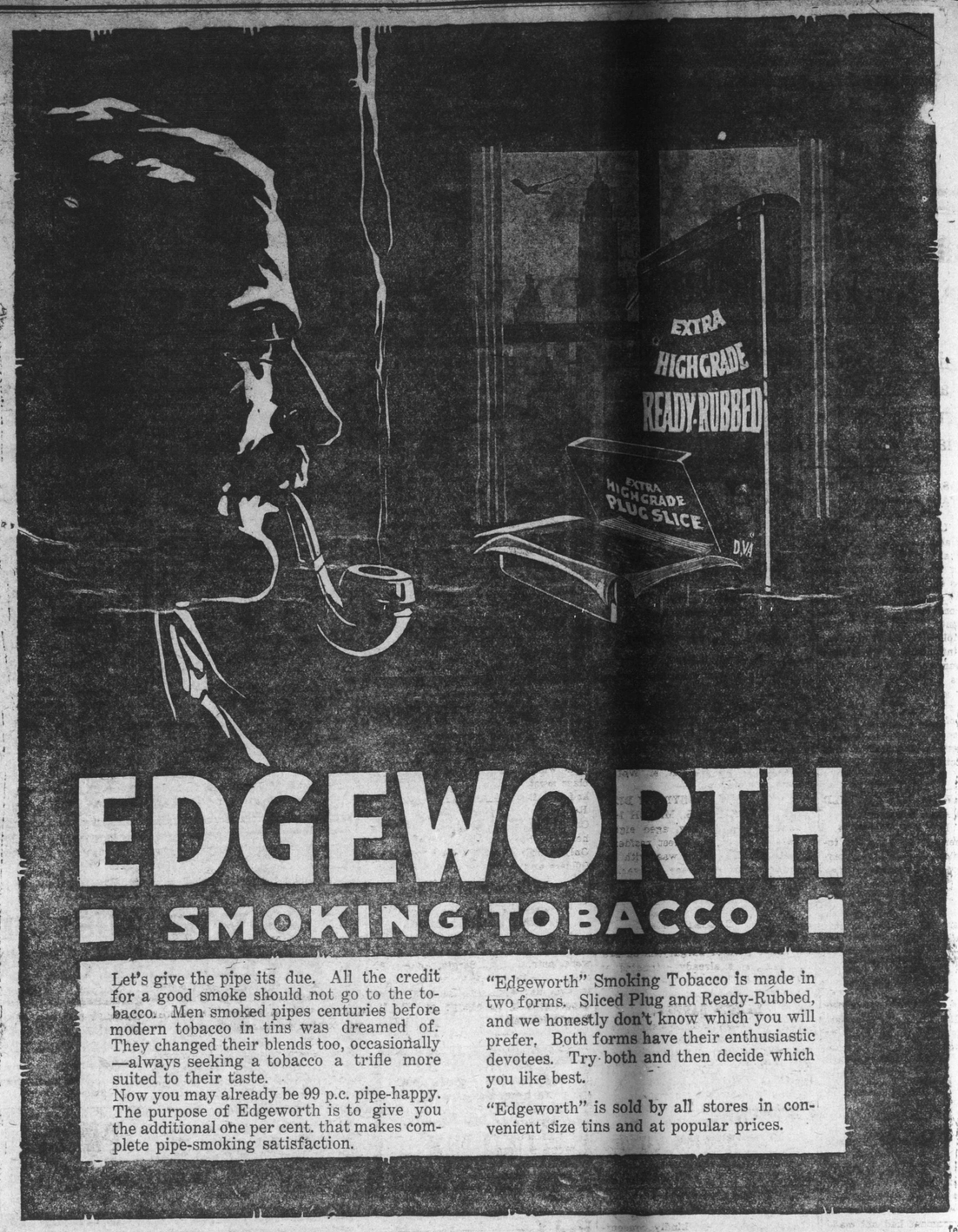
Made in Canada

Baby's Skin Troubles

Chafing, scalding, skin irritations and itching, burning eczema are quickly and thoroughly relieved and the skin kept soft, smooth and velvety by the use of

Dr. Chase's Ointment

Apply daily after the bath.



Let's give the pipe its due. All the credit for a good smoke should not go to the tobacco. Men smoked pipes centuries before modern tobacco in tins was dreamed of. They changed their blends too, occasionally—always seeking a tobacco a trifle more suited to their taste.
Now you may already be 99 p.c. pipe-happy. The purpose of Edgeworth is to give you the additional one per cent. that makes complete pipe-smoking satisfaction.

"Edgeworth" Smoking Tobacco is made in two forms. Sliced Plug and Ready-Rubbed, and we honestly don't know which you will prefer. Both forms have their enthusiastic devotees. Try both and then decide which you like best.

"Edgeworth" is sold by all stores in convenient size tins and at popular prices.

feb15-mar1,10

Just Folks.

By EDGAR A. GUEST.

THE LAND OF YESTERDAY.

The happy land of yesterday
Seems always, oh, so far away,
And all the friendly people, too,
That in the days of youth we knew,
Walk phantom-like throughout our dreams,
So far away their country seems!

The happy land of yesterday!
'Tis there the charms of boyhood stay,
'Tis there hearts never grow estranged
Our favorite haunts remain unchanged,
And spite of pain and grief and care,
Youth keeps its old-time freedom there.

The happy land of yesterday,
A land where it is always May!
There we may turn and ever see
The orchards as they used to be,
And meet that first sweetheart again
Somewhere along the shady lane.

There still she lives, a little girl,
Time has not changed one lovely curl,
Or stolen from her cheeks the charm;
The beauty of her dimpled arm
Is still as glorious to see
As long ago it used to be.

'Tis only here that men grow old,
And beauty fades and hearts turn cold!
'Tis here relentless death and age
With youth their constant battle wage
But they are safe, though far away,
Who rule the land of yesterday.

Household Notes.

To make sardine canapes mash the sardines with mayonnaise, spread on rounds of sauted bread and garnish with thinly sliced olives.

To clean rubber bags, such as pastry bags or hot water bags, wash in lukewarm water with enough ammonia added to make it slippery.

To 1½ cups mashed potatoes add 1 cup finely ground peanuts, a beaten egg, and seasoning. Mix well, make into balls, roll in flour and bake.

To make a simple bread pudding, line the bottom of a pie dish with pieces of bread, spread first with a little butter, then with either lemon or orange marmalade. Beat up two eggs and add 1 pint milk. Pour this over bread, sprinkle with sugar and bake in a moderate oven until a rich brown.

If you do not salt eggs while they are frying, the yellows will stand round and firm and the whites will be soft and tender. Season after frying.

Pit steamed prunes and stuffff with blanched and shredded almonds. Serve on crisp lettuce with a dressing of whipped cream flavored with lemon juice.

To make raisin pie doubly delicious add the juice of one orange, two tablespoons lemon juice, a little grated rind of each and one cup chopped walnuts.

Scraps of tin coated with asbestos, left from the new furnace pipes, make an excellent iron stand or are good to use in the oven to keep things from burning.

To ½ cup heavy cream add 2 tablespoons vinegar, 2 tablespoons salt, 2 tablespoons finely chopped beets, 1 tablespoon finely chopped mint and ½ teaspoonful paprika.

To one cupful of boiled dressing add one teaspoonful each of hard-boiled egg, chopped fine, minced onion a green pepper and pimento, paprika and salt to taste. Delicious!

A delicious salad dressing is made by flavoring whipped cream with a little lemon juice and tarragon vinegar and adding chopped olives, green peppers and pimentoes.

When opening canned asparagus, lay can on its side in the sink, open the can a quarter of an inch from the top and let the brine drain away. By this method the heads are preserved intact.

To candy sweet potatoes parboil the potatoes, cut into pieces, boil two cups sugar and one cup water for ten minutes; add potatoes, and cook until the syrup will form a thread. Dry on glazed paper.

After opening a can of peas or beans turn them into a pan, and hold pan under cold water faucet. Allow water to change slowly until it is clear and does not foam. They will then be ready to heat.

A tomato canape is made as follows: Brown a slice of bread and cut to the desired shape, buttering it while hot. Place on it a round thick slice of skinned tomato and top with a spoonful mayonnaise.

"I Was Terribly Weak After Baby Was Born"

Mrs. H. McClure, Norwood, Ont., writes:

"After my baby was born, I was terribly weak and run down, with pains across my back. I had heard so much of Dr. Chase's Nerve Food that I decided to try it. Three boxes proved enough to make me quite strong and well again. I also used Dr. Chase's Ointment for a rash which broke out on the baby, and the rash disappeared completely in a short time."

DR. CHASE'S NERVE FOOD

At all Dealers.

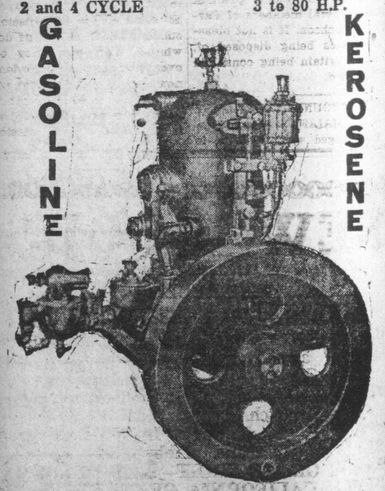
GERALD S. DOYLE, DISTRIB UTOR.

POWER! POWER!

Acadia Marine Engines,

2 and 4 CYCLE 3 to 80 H.P.

GASOLINE KEROSENE



Will all persons who wish to have their Acadia Engines repaired for next Spring kindly forward same to us at an early date. Satisfaction guaranteed.

FOR POWER, SIMPLICITY, and DURABILITY BUY AN ACADIA.

Large quantities spare parts in stock at all times.

ACADIA GAS ENGINES, Ltd.,

nov21,6m,eod ST. JOHN'S, NFLD.

Sweet potato croquettes are good. To two cups mashed boiled sweet potatoes add ½ cup cream, ¼ cup of sugar, a well beaten egg, one tablespoon butter, salt and a little grated lemon rind. Make in cylinders, pressing into centre of each a stoned date. Roll in crumbs and beaten egg and then again in crumbs and fry in deep fat. Serve with lemon sauce.

Rim Lac adds greatly to the appearance of lenses; also cuts out reflection of light, which rests the eye. R. H. TRAPNELL LTD.—mar13,3i