

Weak Boys and Girls

It is a mistake to think that anaemia is only a girl's complaint. Girls probably show the effect of weak, watery blood more plainly than boys. Delayed development, pale faces, headaches, palpitation, and a feeling of listlessness, call attention to weak blood in the case of girls. But many boys in their teens grow thin and "weedy" and have pimples on the face, showing that they have not enough blood. The anaemic boy is just as likely to become a victim of consumption as the pale, breathless girl with her headaches and worn-out look. Let the boy in this condition catch cold and he will lose his strength and his health becomes precarious.

To prevent serious disaster to those of the rising generation, let both boys and girls be given the new rich blood which Dr. Williams' Pink Pills are famous the world over for making. When giving these pills watch how soon the appetite returns and how the languid girl or the weak boy becomes full of activity and high spirits. Remember that the boy has to develop, too, if he is to make a strong hearty man. Give both the boys and girls a fair chance to develop strongly through the new, rich blood Dr. Williams' Pink Pills actually make. You will then see active boys and girls instead of weakly children around you.

Dr. Williams' Pink Pills are sold by all medicine dealers or may be obtained by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Turkey and Bulgaria Sick of War Ready to Talk Peace

PARIS, September 24.—(Havas) Turkey and Bulgaria, says the Matin, in discussing the political importance of the reverses now being imposed on their armies, might be detached from Germany, but it will be through the victory of the Allied armies and not by means of intrigues and concession. It declares that the Turkish and Bulgarian Governments would be actually happy to negotiate cabinet with the Allies but the Entente believe they must first crush the military power of these countries.

Letter From the Trenches

Kitchener Hospital, Brighton Sussex England. Aug. 30th, 1918

Dear Mother,—
As I know you are anxiously waiting for a letter from me, I am taking the pleasure of scribbling a few lines this morning, trusting you are all in the best of health, I am feeling fine myself altho my wounds are not healed yet, but are coming fine. The doctor took me to the operating room day before yesterday got me on the table then took my bandages off, then he says, you just escaped, I rolled off the other side of the table and said "Thank God." My hand will be healed first, but two finger (little and ring finger) will always be a little stiff as one cord is cut, hope I can keep clear of France with it, I believe I can.

I go out to the seaside every afternoon and am getting a little fleshier and getting some color again, I was very pale when I arrived here.

I have received no mail from Canada or France since I landed here but there must be a pile some where on the way, I do hope those parcels find me soon as I am longing for a good feed and a good smoke. The last feed I had was on Aug. 8th, when I caught thirteen Germans in a old cellar where their stores were. I took four parcels of their's out of the mail, and you talk of cake, well I had it that day, a lot fresher than what we got from Canada, then I took 150 cigars, I then sent the prisoners back to our lines, and believe me they were glad to go, they were dam well fed up.

I didn't kill one that day because they all threw down their arms, but next—and then I got wounded after I was tired shooting. (I fired 145 rounds, and not many misses.) Hoping to hear from you in the near future I will close with love and best of wishes to all, I am as ever your loving son.

Billy.

[Sergt. Adams the writer of this letter is a son of Mr. John Adams, Canaan, a sniper for over two years practice, and readers of this paper may therefore understand why the Huns melt away before such men.—Ed.]

A Prince Has Fled

Copenhagen, Sept. 21st.—The Roumanian Crown Prince has fled from Roumanian territory, and arrived in Odessa.

ATTENTION! Sick Women

To do your duty during these trying times your health should be your first consideration. These two women tell how they found health.

Hellam, Pa.—"I took Lydia E. Pinkham's Vegetable Compound for female troubles and a displacement. I felt all run down and was very weak. I had been treated by a physician without results, so decided to give Lydia E. Pinkham's Vegetable Compound a trial, and felt better right away. I am keeping house since last April and doing all my housework, where before I was unable to do any work. Lydia E. Pinkham's Vegetable Compound is certainly the best medicine a woman can take when in this condition. I give you permission to publish this letter."—Mrs. E. R. CRUMLING, R. No. 1, Hellam, Pa.

Lowell, Mich.—"I suffered from cramps and dragging down pains, was irregular and had female weakness and displacement. I began to take Lydia E. Pinkham's Vegetable Compound which gave me relief at once and restored my health. I should like to recommend Lydia E. Pinkham's remedies to all suffering women who are troubled in a similar way."—Mrs. EMMA HEIM, R. No. 6, Box 83, Lowell, Mich.

Why Not Try

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.



Canada Adopts Allied War Loaf For Household

Ottawa, September 23.—Canada, has adopted the Allied war loaf. Twenty per cent of substitutes must be used with wheat flour. Announcing this policy, an official memorandum says:

"The Canada Food Board, after full consideration of the matter, has adopted the policy of the allied food controllers resolution, so far as wheat products are concerned, and will use the allied loaf. This means that twenty per cent of substitutes must be used with wheat flour. The government heartily approves this policy. While the crops in Europe and the United States have been considering everything, excellent, this year and while there is sufficiency of food in sight to meet our requirements for the next twelve months nevertheless there is the greatest need for conservation, particularly in flour and wheat, for the purpose of creating a reserve sufficient against widespread unfavorable harvests or other unfavorable food conditions next year. The government, therefore hopes the people of Canada will heartily and loyally assist to this end by using in their households the amount of substitutes required under the regulations."

The Gasoline Saver a True Patriot

No gasoline for Sunday pleasure! The allied fleets and armies need it to badly too permit of its waste. Nothing less than absolute necessity prompted the request of the Fuel Controller that Sunday motoring for pleasure be discontinued. The saving next Sunday of 225,000 gallons of gasoline and \$150,000 in money will mean to the cause of victory. Those who fight our battles must be assured of a supply before those who seek pleasure. The good citizen realize this and will need no urging.

Those who start saving gasoline now render their country a double service.

5000 Americans In Shore Hospitals With Spanish Grip

Atlantic Port, Sept. 22.—About five hundred American soldiers arrived at an Atlantic Port yesterday suffering from Spanish influenza and were removed to hospitals ashore for treatment.

Dorien Captured By British

LONDON, September 24.—British troops have captured the important town of Dorian, on the southern shore of Lake Dorian, in Macedonia according to dispatches received here today.

American Trawler Sunk Off N. S. Coast

Atlantic Port Sept. 21.—The American steam trawler Kingfisher was torpedoed and sunk eighty-five miles off the north Atlantic coast last night. Captain Riley and his crew of twenty-six were rescued and reached shore today.

Her Terrible Deed

Montreal, Sept. 19th.—The disastrous Grey Nunnery fire of Feb. 14, last in which sixty-five babies were burned to death, was purposely caused by a female orderly of the institution Bertha Courtmanche, who is said to have periodical attacks of fire mania. The woman has been arrested and has confessed to this criminal act.

The battle for the Hindenburg line is reaching its climax.

FRIENDS THOUGHT HE WOULD DIE

"FRUIT-A-TIVES" Conquered Dyspepsia and Restored His Health.



MR. ROBERT NEWTON.

Little Bras d'Or, C.B. "I was a terrible sufferer from Dyspepsia and Constipation for years. I had pain after eating, belching gas, constant headaches, and did not sleep well at night. I lost so much weight—going from 185 pounds to 146 pounds—that I became alarmed and saw several doctors who, however, did me no good. Finally, a friend told me to try 'Fruit-a-tives'.

In a week, there was improvement. The constipation was corrected; and soon I was free of pain, headaches and that miserable feeling that accompanies Dyspepsia. I continued to take this splendid fruit medicine and now I am well, strong and vigorous". ROBERT NEWTON.

50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

HONEST OPINION

The Rev. "My personal opinion of Zam-Buk is that I know of nothing like it! Moving amongst sick people of my charge, I have proved it an absolute fact that for old wounds, cuts, eczema, and skin diseases, Zam-Buk is really marvellous."—Rev. A. D. MacLEOD, Harcourt, N.B.

The Magistrate "Eczema was my trouble, and I suffered for years. Tried practically everything, in vain! Zam-Buk cured me; and from the day the last sore was healed there has been no trace of return of the disease."—J. E. ARSENAULT, J.P., Wellington, P.E.I.

The Nurse "Speaking professionally, I would apply Zam-Buk to all cases of eczema, ulcers, abscesses and allied diseases. I have proved Zam-Buk able to cure the worst cases."—NURSE KEITH, Olds, Alta.

THE MOTHER "Give me Zam-Buk! It is the finest all-round healer known. I cured me of a poisoned hand, my 3 children of bad scalp sores, and my husband of a badly crushed finger. No home should be without it."—MRS. VILLIERS, Stadacona St., Montreal.

Zam-Buk is a purely herbal, and for piles, eczema, cuts, burns, baby's sores, ulcers, and all skin diseases and injuries is the best known and quickest cure. 50c. box, all druggists and stores. The opinion of the majority of the mothers in the Dominion is—

we all need ZAM-BUG
DRUGGISTS & STORES EVERYWHERE