

HOW THIS NERVOUS WOMAN GOT WELL

Told by Herself. Her Sincerity Should Convince Others.

Christopher, Ill.—“For four years I suffered from irregularities, weakness, nervousness, and was in a run down condition. Two of our best doctors failed to do me any good. I heard so much about what Lydia E. Pinkham's Vegetable Compound had done for others, I tried it and was cured. I am no longer nervous, am regular, and in excellent health. I believe the Compound will cure any female trouble.”—Mrs. ALICE HELLER, Christopher, Ill.

Nervousness is often a symptom of weakness or some functional derangement, which may be overcome by this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, as thousands of women have found by experience. If complications exist, write Lydia E. Pinkham Medicine Co., Lynn, Mass., for suggestions in regard to your ailment. The result of its long experience is at your service.

OFFICIALS OF NORMAL COLLEGE DEBATING SOCIETY.

The students of the Provincial Normal College have organized a debating society.

The following students constitute the Executive of the Society.

Officers.
President..... D. Parson.
Vice-President..... E. Shaw.
Secy-Treas..... Miss Drillo

Executive Committee.

“A” Class—B. McL. Matheson.
Miss L. Reid.
“B” (1) Class—Miss E. Cameron.
Miss A. Cameron.
“B” (2) Class—Miss D. McCulloch.
Miss G. Lumsden.
“B” (3) Class—Miss L. White.
R. B. Powell.

The first debate will come off on Tuesday evening the 21st inst. at 7.30 o'clock.

SEC'Y.

The strike by the Marine workers in the port of New York continues. It is most serious from a hunger standpoint.



ABSORBINE
TRADE MARK REG. U.S. PAT. OFF.

Reduces Strained, Puffy Ankles, Lymphangitis, Poll Elix, Fistula, Boils, Swellings; Stops Lameness and allays pain. Heals Sores, Cuts, Bruises, Boil Chafes. It is a SAFE ANTISEPTIC AND GERMICIDE.

Does not blister or remove the hair and hair can be worked. Pleasant to use. \$2.50 a bottle, delivered. Describe your case for special instructions and Book 5 R free.

ABSORBINE, JR., antiseptic liniment for washing, reduces Strains, Painful, Knots, Swollen Veins. Concentrated—only a few drops required on application. Price \$1.25 per bottle delivered.

W. F. YOUNG, P. O. F., 140 Lynnes Bldg., Montreal, Can.

Absorbine and Absorbine, Jr., are made in Canada.

CAPT. J. F. ELLIS RED CROSS HOSPITAL.

Mrs. Ellis, wife of Capt. (Dr) J. F. Ellis, late speaker of the House of Assembly with her two little daughters are visiting Mr. G. W. Stuart and family of Truro for the winter. Dr. Ellis early in 1915 retired from the Speakership of the House of Assembly and his large medical practice to go overseas. After a short service in the Shorncliffe Hospital in England, he went to France. After more than a year of strenuous work he was severely shell shocked and had to be sent to hospital in England, and later to the highlands in Scotland where he fully recovered. He is now in the King's Canadian Red Cross Special Hospital, Bushy Park, doing special work from which he cannot be relieved for several months to come.—Halifax Chronicle, Jan. 9.

A NERVOUS WRECK FROM HEART AND NERVES.

There are many people at the present time whose nerves are unstrung, heart affected, and general health impaired.

To such we offer Milburn's Heart and Nerve Pills as the best remedy that science has produced for such troubles. These pills have a wonderful effect on the nerve cells of the body, giving them new life and energy; they strengthen and regulate the heart and make the blood rich and nourishing.

Mr. Joseph Daly, Wolfe Island, Ont., writes:—“I have used Milburn's Heart and Nerve Pills. I was a regular nervous wreck from my heart and nerves. I saw your advertisement in the paper and decided to try them. I took five boxes of them, and now I am as steady as a clock.

People said I could not be cured, but I fooled them with Milburn's Heart and Nerve Pills.”

Milburn's Heart and Nerve Pills are 50c. a box at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

SIXTH ANNUAL CONVENTION OF DAIRYMEN'S ASSOCIATION OF NOVA SCOTIA.

College of Agriculture, Truro, Jan. 9 and 10.

The Sixth Annual Convention of the Nova Scotia Dairymen's Association, and Creamery Butter Exhibition opened at the Agricultural College, Truro, on Thursday, Jan. 9.

The officers of the Association for 1918 were:—

President.
A. M. Wheaton, Wolfville, N. S.
Vice-President.
Harold Falconer, Stellarton, N. S.
Secretary-Treasurer.
W. A. MacKay, Truro, N. S.
N. S. A. C.

Directors.
President, Vice-president and J. D. McKenzie, Bridgewater, N. S., H. M. Aitken, River Hebert, N. S., J. C. Chisholm, South River Station, N. S.

The opening session of the Dairymen's Association, held in the College of Agriculture, last night, was attended by Delegates for all the principal Creameries in the Province, and a number of visitors, representatives of different business firms, etc.

The President, A. M. Wheaton, of Wolfville, was in the Chair and after a few appropriate, introductory remarks by Prof. Cummings, gave the President's address for the year.

This was followed by the report of dairying by W. A. MacKay. The output of the Creameries showed a small increase over 1917 and a total turn over of \$943,000.00.

Prof. Trueman delivered an address on feeding the dairy cow. Mr. H. R. Brown gave a report on cow testing, illustrated by Chart, showing that where records were kept the production, per cow, increased from 20 per cent to 80 per cent as compared to where records were not kept.

Mr. H. W. Coleman, Dairy Superintendent for New Brunswick, gave the report of the judges, followed by presentation of special prizes by Mr. Harvey Mitchell.

This forenoon was devoted to a butter scoring competition and a general discussion on the quality of butter, dealing particularly with the new grade standard as recommended at the recent Conference at Ottawa.

This afternoon is the business session and many important resolutions are expected to be presented to the Convention.

The key-note of the Convention, this year, is that dairying is going to be made a success in Nova Scotia that all connected with it have got to get down to business harder in the future than in the past.

MARRIED.

MACMILLAN—WATSON.
At the Parish Church, Auldearn, on the 13th inst., by the Rev. James Bonallo, B. D., Private Aubrey Lawson MacMillan, Canadian F. C., Alexander MacMillan and of Mrs. MacMillan, Elderbank, Halifax, Nova Scotia, to Elizabeth Ann, twin daughter of the late Robert Watson and of Mrs. Watson, Lethen Road, Auldearn.—The Telegraph Nairn, Scotland, Dec. 17, 1918.

(Boston, Winnipeg and Vancouver papers please copy.)

THANKS FROM NAVY LEAGUE HEADQUARTERS.

January, 9, 1919.
Editor Truro News,
Dear Sir:

I have been requested by Mr. Percy T. Strong, Secretary-Treasurer of the Navy League Campaign for Nova Scotia, to extend to all the helpers in the Colchester County Campaign the sincere thanks of the President and Committee of the Headquarters of the League.

I would ask you to extend these thanks through your valuable paper.

Yours truly,
C. W. MONTGOMERY
Chairman Navy League for Col. Co

CONVENTION OF DAIRYMEN'S ASSOCIATION, JAN 10, 1918.

At the meeting of the Association of Nova Scotia Dairymen of Friday afternoon Jan. 10, 1918 the following Directors for 1918 were chosen:

H. Faulkner, Stellarton.
J. D. McKenzie, Bridgewater.
J. C. Chisholm, Lr. South River.
W. L. Brenton, Brookfield.
R. T. Stewart, Scotsburn.

AUDITORS:
C. R. B. Bryan, Truro.

At a subsequent meeting of the close of the Convention the following officers were appointed:

President, H. Faulkner.
Vice-Pres., J. D. McKenzie.
Sec. Treas., W. A. MacKay.

Lt. Earle G. MacMinn, with his wife, Halifax, is visiting his mother and sister, Prince Street.

IF you had a sore place, and had to choose between two remedies, one of which went to the sore spot direct, and the other by a round-about way, which would you prefer? Undoubtedly, the one that gets there direct!

That is just the reason for people's preference for Peps for ailments of the throat, bronchial tubes and lungs. Peps get there direct, because they are breathable, while remedies which are swallowed only go to the stomach.

Dissolve Peps in the mouth, and the vapor which is liberated is carried by the breath direct to the breathing passages and minute air cells of the lungs, destroying all germs, and soothing, healing, and strengthening the delicate membranes.

Once you try Peps you will never use any other remedy for coughs, colds, sore throat, bronchitis, tightness across the chest, night cough, laryngitis or asthma. All dealers 50c. box.



FREE TRIAL Send this advertisement and 1c. stamp (for return postage) to Peps Co., Toronto, an airtight, airtight package.

PEPS

FUNERAL IN VANCOUVER OF JAMES W. KIRK, VICTIM OF "PRINCESS SOPHIA" DISASTER.

The funeral of the late James W. Kirk, one of the victims of the wreck of the "Princess Sophia", took place on the 23rd of December, 1918 from the chapel of Messrs. Center and Hanna, Georgia Street, Vancouver. The Oddfellows had charge of the proceedings, and the Rev. Mr. Hibbard, formerly pastor of the Methodist Church at Dawson, Yukon Territory, conducted the religious services at the chapel and at the grave. A large number were present to pay their last respect to the memory of an old friend.

The pall bearers were all former Klondike associates of his and were, Roderick Macdonald, Reuben Cook, Robert Levis, James Rose, Thomas Newman, and Wilfred Halliday.

Floral wreaths were laid on the coffin by Miss S. E. McKay, Mrs. Zaccarelli, C. J. Viquain, the General Relief Board, I. O. F. Mr. and Mrs. James Messenger, Mr. and Mrs. Olive Kinsey, Mr. and Mrs. M. Green, Mr. and Mrs. James May, and members of Dawson Lodge, No. 18, and by many others.

Among those present at the funeral were many old Yukoners, Louis Martin James Mason and Mrs. Mason, Mrs. Robinson, Fred T. Congdon, Charles Hines, Mr. Ferguson, formerly of the Good Samaritan Hospital, Carl Lind, and many others.

The late Mr. Kirk was a native of Nova Scotia and went to the Yukon in the early days. By long and strenuous hard work, he had accumulated an independence. He was coming to undergo treatment for his eyes when he met his tragic end.

Mrs. Kirk, formerly of New Annan, Col. Co., N. S., was present at the funeral having left Dawson and come out over the winter trail for the purpose. She is now visiting her sister in California.

DAIRYMEN'S COMPETITION.

Prizes presented at the Dairymen's Association in session at the Agricultural College as follows:

1st. To the Manager of a Creamery in Nova Scotia, having the most representative increase in butter made in 1918.

Won by W. L. Brenton, Brookfield, N. S.

2nd. To the Creamery Butter maker having the most uniform Score during the Season 1918.

Won by D. McKenzie, Bridgewater, N. S.

Try Making Your Own Cough Remedy

You can save about \$2. and have a better remedy than the ready-made kind. Easily done.

If you combined the curative properties of every known "ready-made" cough remedy, you probably could not get as much real curative power as there is in this simple, some-made, cough-syrup, which is easily prepared in a few minutes.

Get from any drugist 2½ ounces of Pinex (50 cents worth), pour it into a 16-oz. bottle and fill the bottle with syrup, using either plain granulated sugar syrup, clarified molasses, honey, or corn syrup, as desired. The result is 16 ounces of really better cough syrup than you could buy ready-made, and saves easily \$2. Tastes pleasant and never spoils.

This Pinex and Syrup preparation gets right at the cause of a cough and gives almost immediate relief. It loosens the phlegm, stops the nasty throat tickle and heals the sore, irritated membranes so gently and easily that it is really astonishing.

A day's use will usually overcome the ordinary cough and for bronchitis, croup, whooping cough and bronchial asthma, there is nothing better.

Pinex is a most valuable concentrated compound of genuine Norway pine extract, and has been used for generations to break up severe coughs. To avoid disappointment, ask your drugist for 2½ ounces of Pinex with full directions, and don't accept anything else. Guaranteed to give absolute satisfaction or money promptly refunded. The Pinex Co., Toronto, Ont.

SOME DATES.

18.....1818.....100 years ago
19.....1919.....Present age.
20.....2020.....100 years hence.

Dr. Bentley, Town Medical Health Officer, told the News yesterday that, during the Fall and Winter Influenza period, Truro had been entirely free of other contagious or infectious diseases. In the whole time the only such case was one of Scarlet Fever which did not spread.

Mrs. Henry T. Irwin, Prince Street East, who, because of the prevailing epidemic has not received since her marriage will be "at home" on the 3rd Thursday of each month and will be glad to see her friends.

Our contemporary, The New Glasgow Evening News knows where to go to get good live, up-to-date newsy items and so takes unlimited articles from the Truro News; but we notice when there is any "cribbing" by our contemporary from the Eastern Chronicle that credit is always given; guess they're frightened of the local "Thunderer."

Mr. Roland Upham, who is taking a business course at Acadia College, Wolfville, returned on the 7th after spending his Christmas holidays at his home Onslow Station.

Col. F. S. L. Ford, A. M. C., a hero of the War, who has been an assistant director of medical services in Halifax, is now in hospital in that city suffering from a fractured ankle.

J. E. Henderson, failing from New York City, has been committed by the Stipendiary Magistrate for trial at the Supreme Court on the charge of stealing \$150 from E. G. Atkinson of Moncton.

The creditors of J. W. McCosh are requested by the official assignee to meet at the store Prince Street on Thursday, Jan 23 at two o'clock to take into consideration the affairs of this firm.

P. E. Island will expect 5000 fox pelts this season.

Rev. D. G. Cook, missionary in India, now visiting in Newfoundland.

Transport churches are still closed owing to prevalence of influenza.

W. H. Howatt, M. P. P., a representative of Prince County, P. E. I., died at St. Eleanors Jan. 9. He was a liberal and was elected in 1915. He is survived by a widow and two children; one son, Pope, was killed in action early in the War.

Among the passengers by the Scandinavian to St. John was Lance Corporal G. Dugand.

Pte. James McKenzie, son of Mr. Alex. McKenzie, King Street, is with the Canadian troops in England.

Signer-Caproni's airship for a hundred persons, with cabins and beds, will doubtless find its human load ready when it arrives. But rocked only in the cradle of infinite space, is it likely that passengers on the monster plane's first night out will lay them down in peace to sleep?

Vilna is no doubt now occupied by the Bolshevik.

The aggressive Royal Bank is still progressing at home and in foreign fields afar.

A battle is raging in the streets of city of Buenos Aires between the strikers and Government troops. There have been many kill.

Joseph Young, 74 years was run down by Dr. Polly's automobile in Lunenburg on the 10th and died in a few minutes.

The Militia officers in Ottawa promise that all Canadian soldiers will be home by August.

Bathurst won Curling Cup from Amherst by two points.

The "Flu" epidemic is rapidly decreasing no new cases have been reported lately until this morning. Our ever obliging Health officer reports one new case on January 8th.

There is an official rumor afloat that it is the intention of the C. P. R. to dispose of the D. A. R. Branch of the system to the Government in exchange for a quid pro quo somewhere in the West.—Windsor Tribune.

Mr. Ed. A. Logan, Lower Truro, can boast of 40 bushels of White Russian wheat from a little over an acre of ground.

The Royal Bank will issue \$2,000,000 of Capital to shareholders at \$150 a share; the stock of the Royal is selling at \$214.

BACK FROM THE WAR FIELDS.

The well known and popular, Pte. Herbert J. Johnson, has been back to this Truro home some two or three weeks from overseas.

Pte. Johnson enlisted quite early in the War in that string of lads, that took us by storm—the Pipers Band—of which the controlling spirit, a real L. C., was Dan McGillivray, the Province famous piper. Pte. Johnson went over the Atlantic with the 85th, sailing in the Olympic, Oct. 12, 1916, was in England for a time and then with the 85th got to France.

The inspiring music of the Pipers drove dull care away and cheered the boys as they bayoneted the Huns. The services of Pte. Johnson were utilized to carry ammunition to the front and in this dangerous work this Truro Piper got a terrible dose of the Huns rottenest gas. He was mighty near book "for the West"; but he only got to "Blighty" and there he was in Hospital for nearly a year.

He has returned to the Hub and is again engaged in his old place at the bakery of W. H. Snook & Co's; and if you notice any extra "didos" of cracker-jack products from this bakery you may be sure that Herb has got the Chief Baker to put on some of those touches that he pickt up in Paris and London.

AN THE CASKET OF LITTLE FLORENCE SILVER.

The funeral of little Florence I. Silver took place on the 8th inst.

On the little casket were the following floral tributes:

Pillow—Family; Star—Uncle and Aunt Myrtle; Bouquet Carnations—Grandma Silver; Cross Aunt Florence Carnations—Mrs. James McMillan; Carnations—Miss Elizabeth Morgan; Cut flowers—Mrs. M. Blair and Violet; Carnations—Mrs. Beverley Ferguson; Roses—Brother John; Carnations—Carl and Howard McNutt; Lily—Uncle Howard; Carnations—Brother Sidney.

THE DEATH OF J. HERDMAN CLARK.

Daily News Jan. 10

Hosts of friends in Truro and in other parts of Colchester will regret to hear of the quite sudden death last evening about six o'clock of Joseph Herdman Clark, Corner of Victoria and King Streets.

Mr. Clark has not been in good health since the first of the year, yet his friends were all hoping for his recovery; but it was not so to be; and the well-known and very popular "Herd" Clark has past from our midst.

Mr. Clark has been the efficient day fireman at the Eastern Hat & Cap Mfg. Co., Ltd., for some years; but he is better known as the old-time well tried official at the former Truro Foundry and Machine Company.

In the immediate family he is survived by his widow, one daughter and six sons. Charlie at home; Pte. John and George now overseas; Pte. Henry returned from overseas; Norman of Ste. Sault Marie; Will of Ottawa and Mrs. Gordon Grant, whose husband is now overseas.

GRATEFUL TO SYMPATHIZING FRIENDS.

Mr. and Mrs. John McRae are very grateful to friends on all sides for sympathetic expressions and for kindly acts when news came, after the War was over that their only son, whom they were expecting home, had died of wounds. It was a terrible blow; but as the noble mother said a day or two ago, "Our Son was brave and faced death; we must try and be equally brave."

Those are Sons and those are the Mothers, that won this war.

THE LLOYD GEORGE CABINET.

David Lloyd George will be Premier and First Lord of the Treasury. Andrew Bonnar Law is President of the Council and Leader in the Commons.

Geo. N. Barnes and Sir Eric Geddes are ministers without portfolios. Arthur J. Balfour is Foreign Secretary. Winston Churchill is Secretary of War. Stephen Walsh, Laborite, is Parliamentary Secretary. The other members of the Cabinet line up a pretty strong team.

Some parties in England think the new Cabinet too Conservativ, but Lloyd George is able to take care of any Ministry that he has appointed.

India represented for the first time in a British Ministry by the appointment of Sir S. H. Sinna, as Secretary for India.

The Chancellor's Palace in Berlin, where business is transacted is really an amid camp; soldiers are on guard everywhere.



Gray Hair
Lose Your Hair Health

A preparation for restoring natural color to gray or faded hair; for removing dandruff and as a hair-dressing. Is not a dye. Generous sized bottles at all dealers, ready to use. Thilo Hay Co., Newark, N. J.

COLCHESTER HERO WON MANY MEDALS FALLS IN BATTLE FIGHTING FOR KING AND COUNTRY.

Mr. and Mrs. J. Donald Patriquin Great Village, were in town for a few days lately, visiting friends.

They have lost a loving and noble hero son in the Great War, Corporal Clyde Patriquin, who was killed the 12th of June, 1918. Cpl. Patriquin won the D. C. M. and M. M. Medals.

He went over with the 193rd in 1916. Previous to enlistment he was on the staff of Messrs. C. E. Bentley & Co., Truro.

Mr. and Mrs. Patriquin might well be proud of such a son. It was boys of his courage and stuff that brought this war to a glorious end and beat the Huns to a finish.

Another son, Cpl. Alfred Patriquin, who went over in May 1916 with the 82nd Bn., Calgary is now in a Convalescent Hospital in England.

Corporal Clyde Patriquin from early youth was a fearless and doughty lad. He won a Medal at 14 years of age for saving the lives of two young boys, Herbert and Bert Dills of Great Village. Both little boys would have met a watery grave in the waters of the Great Village river, if Clyde Patriquin had not risked his own life and saved his two young friends.

The war Medals won by this deeply lamented Colchester hero, were shown in the News Office a few days ago and were greatly admired; but more was admired were the pluck and gallantry of the now dead soldier, who had gained these much envied honors.

MISSIONARY CONFERENCE.

The Conference for Mission study postponed from Nov. 1st on account of unfavorable health conditions will be held in Truro on Jan. 26, 27 and 28 in Pleasant Street Methodist Church.

Pastors, leaders of Missionary Organizations, Sunday School teacher members of the Laymen's Missionary Movement all and others interested in proclaiming the Gospel—the world's only hope—to all nations, are asked to attend this Conference. All sections of the County within a convenient distance of Truro are urged to send delegates.

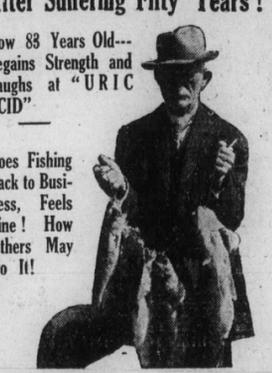
Under the McAdoo schedule the conductors on the D. A. R. now get \$157.50 a month; baggagemen \$113.75 and brakemen \$107.16

The S. S. Scotian was due to leave Liverpool, Eng. on Jan. 4 for St. John. There were two officers and 68 other ranks for Military Division, Halifax, No. 6.

Finds Cure for Rheumatism After Suffering Fifty Years!

Now 83 Years Old—Regains Strength and Laughs at "URIC ACID"

Goes Fishing Back to Business, Feels Fine! How Others May Do It!



"I am eighty-three years old and I doctored for rheumatism ever since I came out of the army, over fifty years ago. Like many others, I spent money freely for so called cures, and I have read about 'Uric Acid' until I could almost taste it. I could not sleep nights or walk without pain; my hands were so sore and stiff I could not hold a pen. But now I am again in active business and can walk with ease or write all day with comfort. Friends are surprised at the change."

How It Happened.
Mr. Ashelman is only one of thousands who suffered for years, owing to the general belief in the old, false theory that "Uric Acid" causes rheumatism. This erroneous belief induced him and legions of unfortunate men and women to take wrong treatments. You might just as well attempt to put out a fire with oil as to try and get rid of your rheumatism, neuritis and like complaints, by taking treatments supposed to drive Uric Acid out of your blood and body. Many physicians and scientists now know that Uric Acid never did, never can and never will cause rheumatism that it is a natural and necessary constituent of the blood; that it is found in every new-born babe, and that without it we could not live!

These statements may seem strange to some folks, because nearly all sufferers have all along been led to believe in the old "Uric Acid" humbug. It took Mr. Ashelman fifty years to find out this truth. He learned how to get rid of the true cause of his rheumatism, other disorders and recover his strength from "The Inner Mysteries," a remarkable book that is now being distributed free by an authority who devoted over twenty years to the scientific study of this trouble. If any reader of the News wishes a copy of this book that reveals startling facts overlooked by doctors and scientists for centuries past, simply send a postcard or letter to H. P. Clearwater, 671-B, Street Hallowell, Maine, and it will be sent by return mail without any charge whatever. Send now! You may never get this opportunity again. If not a sufferer yourself, hand this good news to some afflicted friend.