

How to avoid Operations

These Three Women Tell How They Escaped the Dreadful Ordeal of Surgical Operations.

Hospitals are great and necessary institutions, but they should be the last resort for women who suffer with ill peculiar to their sex. Many letters on file in the Pinkham Laboratory at Lynn, Mass., prove that a great number of women after they have been recommended to submit to an operation have been made well by Lydia E. Pinkham's Vegetable Compound. Here are three such letters. All sick women should read them.



Marquette, Wis.—"I went to the doctor and he told me I must have an operation for a female trouble, and I hated to have it done as I had been married only a short time. I would have terrible pains and my hands and feet were cold all the time. I took Lydia E. Pinkham's Vegetable Compound and was cured, and I feel better in every way. I give you permission to publish my name because I am so thankful that I feel well again."

Mrs. FRED BENNETT, Marquette, Wis.
Detroit, Mich.—"When I first took Lydia E. Pinkham's Vegetable Compound I was so run down with female troubles that I could not do anything, and our doctor said I would have to undergo an operation. I could hardly walk without help so when I read about the Vegetable Compound and what it had done for others I thought I would try it. I got a bottle of Lydia E. Pinkham's Vegetable Compound and a package of Lydia E. Pinkham's Sanative Wash and used them according to directions. They helped me and today I am able to do all my work and I am well."

Mrs. THOS. DWYAN, 939 Milwaukee Ave., East, Detroit, Mich.
Bellevue, Pa.—"I suffered more than tongue can tell with terrible bearing down pains and inflammation. I tried several doctors and they all told me the same story, that I never could get well without an operation and I just dreaded the thought of that. I also tried a good many other medicines that were recommended to me and none of them helped me until a friend advised me to give Lydia E. Pinkham's Vegetable Compound a trial. The first bottle helped, I kept taking it and now I don't know what it is to be sick any more and I am picking up in weight. I am 30 years old and weigh 145 pounds. It will be the greatest pleasure to me if I can have the opportunity to recommend it to any other suffering woman."

Miss LENA FROMMELT, 1923 Manhattan St., North Side, Bellevue, Pa.
If you would like special advice write to Lydia E. Pinkham Med. Co. (Confidential), Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

Y.M.C.A. HIKE TO OAK HILLS

Boys Had a Pleasant Day's Outing Last Week

Eight of us started out from the Y.M.C.A. on Wednesday afternoon for a hike to Oak Hills. With our blankets on our wheels and provisions to feed a company, we were fortified to stay all night.

On the way out a couple of the fellows met with accidents to their wheels which turned the last five miles of their bicycle hike to a tramp; but in spite of these difficulties we arrived at camp in high spirits. The first thought, of course, was supper. Preparations were started immediately, first the shack had to be cleared out and wood collected. Soon a blazing fire was burning in the cook stove. Two boys were despatched for milk, but they were so long in getting back that supper proceeded without them. They arrived just as the rest of us were finishing the meal, with milk and a great tale of the distance they had travelled to get it. After supper most of us were ready for bed and by the time arrangements had been made for sleeping all were ready to turn in. Although we were tired and anxious to sleep everyone seemed to have chosen the hard side of the board, and sleep could not be wooed. A roughhouse developed and things were lively for a while but finally everyone was asleep. The next morning the birds were put to shame by the early rising of the boys, who were out exploring the woods before the sun was up. After a hearty breakfast the shack was put in ship shape. Exploring expeditions were formed each group after their own object. The morning seemed to be all too short and after an early dinner a start was made for home. All were feeling in such good condition and the roads were so fine for a race that a speed contest resulted. The boys maintained that a record was established for the distance. The toys were all satisfied with their trip and voted it a great success.

These trips are to be a feature of our summer program and all boys are urged into them.

MEAN ARE ASKED TO FILL VACANT PLACES

Canadian Defence Forces Will Release All Overseas Troops In Canada

Some men are unable to go over-

seas Business or family reasons stand in the way of many in this regard. They recognize the need and have sought by what means they can do their share to help the Empire and her allies in the great struggle now taking place.

An opportunity is given to these men in the raising of the new Canadian Defence Force which is now being organized when the Overseas Units now in training here leave for Europe, which will be in the next week or two, Canada will be left without defence force except the militia regiments which are for various reasons inadequate.

In order there may be a force upon which Canada may depend in case of emergency the Department of Militia and Defence has called upon the Militia Regiments throughout the country to raise a force aggregating 50,000 men, filling a place in the ranks of this force releases a man for overseas service.

There are many men in Canada to whom this service will appeal, and the Dominion Government has undertaken an advertising campaign to lay before these the conditions and need. The daily newspapers will carry from time to time announcements bearing on these points.

The Militia Regiments which have been asked to aid in the raising of the force have appointed their staffs for their battalions and these are now ready to enroll recruits. The officers speak hopefully of the prospects of getting these. It is generally recognized that this is the last opportunity which Canadians will have in the present struggle of joining voluntarily and this fact is expected to make many think more seriously of the question than they have done heretofore.

Rates of pay, term of enlistment, training, clothing, equipment and subsistence are the same as for men joining the Overseas forces. Separation allowances are given to married men.

EPIDEMIC OF BIKE STEALING

Police Recover Wheels Stolen on Saturday—One Had Been Sold

Bicycle stealing broke out in full blast at the week end like the spring fever. First a wheel was stolen from in front of the International Harvester Warehouse near the G.T.R. freight shed, this was on Saturday afternoon. The police were notified and traced the bicycle to a second hand shop where it had been sold by the thief. The police are not on the trail. The second theft

J. J. B. FLINT VISITS CONGRESS

Not Greatly Impressed with the Eloquence of the Senators—The Wonders of Washington Graphically Described.

Editor Ontario.

Roosevelt has a book, "Fear God and Fight For Yourself." Flags now fly everywhere. The American nation is at war. On Sunday I saw the President and his wife driving into the White House grounds returning from church. Police and secret service men kept the crowd back a few yards. Today the President was in the conservatory with two or three friends. The White House is closed. Public buildings are open, but guards everywhere. I went 550 feet in the interior of the Washington monument, 55 feet square at the base. About 50 go up at a time in the elevator. The scene is grand. An immense area showing the city, adjacent country and Potomac River. Men at the base appeared about 8 inches high, an auto, about 8 inches long.

The Zoological grounds are extremely large and are great resorts. Here you find nearly every African animal but elephants, which I did not see. Readers of Roosevelt's books will find all the animals he writes about.

The Smithsonian Institute is a marvel. A whale 78 feet long, about 15 feet in diameter is to be seen. Here are animals of remote periods, fully restored—enormous creatures, some living on flesh and others on herbs and twigs. Roosevelt's collection of animals shot by his party in Africa are here. Also a wild horse from the east, and a strange animal, part horse and part zebra. The ape family is largely exhibited. Also the Manoiril Baboons looking like old men. A number of monkeys with fully developed, human-like noses and mouths, are duplicates of man in almost every respect except brain power. The tall which human beings once wore, has disappeared with several kinds of apes. There is practically little difference between these apes I have referred to and man's physical construction. These apes with noses and mouths are far more human and symmetrical than eastern men of a race I will not name. This exhibit is the largest and best I have seen. I may add that they have huge snakes and alligators, and a lively hippopotamus who was anxious for his peanuts. Also beautiful Bengal tigers, leopards, etc.

Today I sat in the capitol during the sitting of congress; also in the senate. I heard many speak, all of them in favor of the war. It seemed wonderful to look at the very ordinary looking men and hear them talk of lending billions to the Allies, without cost, charge or interest. Many of the Republican leaders, was the best speaker. Champ Clark, the speaker, is not dignified. He would stand with both hands in his pants pockets and command order. No one came to order at his command. They address Mr. Speaker, but turn aside and direct their remarks to several persons, the persons addressed, standing and cutting in in the most disorderly manner. We have more eloquence in our country council than I heard in congress. An immense audience was present. J. Ham. Lewis, Illinois Senator, made a most grandiloquent effort, quoting Burke, Pitt and others. He roared and roared and gesticulated, and all this in the presence of about fifteen senators. Of course he was talking to his constituents and the gallery. The senators seemed rather bored, I believe he was once minister to Russia.

I would like to attempt some description of the exterior and interior of the government buildings. Anything I could say would fall so far short of the reality that I would have to acknowledge absolute failure. I have visited the show places in several countries—in the British Isles, France and other parts of Europe, and thought I had seen the best in the world, but I had not. The nearest approach was Versailles, both as Washington, a wealthy nation has made every effort to surpass the world, and so far as I know and believe, they have succeeded. Take the capitol, that beautiful vision on the summit of the hill, all of white polished marble, magnificent in its proportions. Walk through the great halls, see the island marble floors and walls. See the gold lavished. Chandeliers costing \$1,200 each. The President's room, small as it is, costing an immense sum. The table upon which all the decrees of the many presidents have been signed; the ceiling divided into panels; every inch ornamented; exquisite pictures of immense size everywhere. The great gallery of statues under the

STRICKEN IN THE STREET

Completely Restored To Health By "Fruit-a-lives"

832 St. Valier St., Montreal.
"In 1912, I was taken suddenly ill with Acute Stomach Trouble and dropped in the street. I was treated by several physicians for nearly two years, and my weight dropped from 225 pounds to 160 pounds. Then several of my friends advised me to try 'Fruit-a-lives'. I began to improve almost with the first dose, and by using them, I recovered from the distressing Stomach Trouble—and all pain and Constipation were cured. Now I weigh 208 pounds. I cannot praise 'Fruit-a-lives' enough". H. WHITMAN.
50c a box, 6 for \$2.50, trial size, 25c. Attal dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

rotunda, of great men of the past—each state having the right to present two statues. The clock which has a history of 150 years. The marble corridor and flights of steps. Then look at the Congressional Library building, in which I am writing, with its dome covered with real gold, not tinsel, its libraries and magnificent halls, costing over twelve millions. Building after building which it would take a long time to visit, of the most beautiful and costly architecture.

The city itself is very beautiful. The avenues of immense width and length radiating from the capitol. There was snow last night and there is a bitterly cold wind today. If the weather had not become so cold I would have remained longer, but I go to New York tomorrow.

J. J. B. Flint

TARVIA COSTS \$1.00 PER YARD

Street Superintendent Presents Report For Six Streets to be Built

Mr. J. S. Henderson, superintendent of streets, presented a report to council last evening on the cost of tarvia paving for six streets:

Bridge Street West, Octavia to Yeomans—4371 square yards

Catherine St., Coleman to Sinclair, 4300 square yards

S. Front St., Dundas to G. T. R. tracks, 4722 square yards

Ann St., Forin to Dundas, 9707 square yards

Albert Street, Pine to Bridge, 7,435 square yards

Poster Avenue, Bridge to Pine, 7455 square yards

These could be built at about \$1 per square yard, at a total of \$38,470. Bridge, Ann, Albert and Foster would be 28 foot pavements, the sidewalks would make the curb. S. Front is figured as a 30 foot pavement and Catherine as a 24 foot pavement, both with a curb at 30c per foot. Catherine street from Sinclair to Yeomans (780 feet) would have to be macadam on account of ditches on both sides of the street and would cost about \$260 for a 18 foot road bed.

Some of these streets would cost more than \$1.00 per square yard, while others would be built for less. It all depends on the fill. This price doesn't include the cost of drainage as this work has always been done at the city's expense.

A CRYING NEED FOR MORE FOOD

It is estimated that forty million men are bearing arms in the present titanic struggle, while twenty million men and women are producing munitions and clothing for soldiers. Many of these sixty millions were formerly producers of food. From that work they are withdrawn, leaving vast regions idle. Ten nations are on rations, and six in distressing lack of food.

Canada is one of the countries that are expected to produce a surplus of food to help to make up the deficit in lands that are more severely affected. It is our duty to feed our soldiers and our allies. Our country is exceptionally well situated, for a vessel can make four trips from Canada to England in the time occupied by one trip from Australia.

Our present production falls far short of what ought to be done. The acreage of wheat, oats, barley, and potatoes was nearly 365,000 less in 1916 than in 1915, and the yield declined by more than 73 million bushels. Between 1914 and 1916 the yield of potatoes fell from 26,717,567 bushels to 7,408,429 bushels.

The Ontario Department of Agriculture is busy night and day with an increased staff of men trying to get things un-

'An Invitation'

is extended to all Ladies

and Gentlemen to see

PROF. DORENWEND'S

display of

FINE HAIR GOODS

At Hotel Quinte

Belleville

On Thurs. May 3rd

when the finest and newest hair goods creations in every style from a pin-curl to a complete head-dress will be exhibited Transformations, Pompadours, Switches, Waves, etc.

'Every Bald Man'

should see THE DORENWEND TOUPEE. It is a benefit to the appearance and a protection to the health.

A Demonstration is Free of Charge

REMEMBER

The Dorenwend's Co.,

Toronto Limited.

Head Office & Showrooms

105 YOUNG STREET

TORONTO

Hotel Quinte, Thursday May 3rd.

culture is proud of the many patriotic acts of the Ontario farmers and realizes to the full the difficulties the farmer is working under. Through the Ontario Government Public Employment Bureaux a determined effort is being made to secure a large amount of farm-trained labor and it is hoped that the farmer will make full use of same and produce large crops this season, for every pound of which large prices are likely to be paid.

A very pleasing shower was given for the bride elect, Miss May Heath on the afternoon of March 27th, at the home of Miss Emma Wallace.

A pretty evening wedding was solemnized on Thursday eve last at 9 p. m. at the home of Mr. and Mrs. J. L. Heath, Moira St. when their second daughter May was united in marriage to Mr. J. E. McPhee, of Ophir, Ont. lately returned from overseas in Egypt and France.—The News.

TRENTON

Mr. Clarence Young has sold his residence on Lorne Ave. to Mr. MacNab.

Mr. J. A. Peiky has purchased the coal business from Mr. H. B. Loomis and is preparing for operations immediately.

Mr. Frank Langbeer, of Belleville, spent Easter in town, the guest of Mr. and Mrs. Hugh Mackenzie.

Dr. Swanson, chief chemist at the Munition plant, has rented Mrs. Robert Cumming's residence, furnished, for the summer.

Mrs. M. B. Morrison, of Belleville was in town on Sunday.

Mr. Bonnell, of the British Chemical Co., has rented, furnished, the residence of Mr. Gordon Matthews.

Miss Alford, of the law firm of Mikel & Alford, spent the holiday with her parents in Belleville.

Mrs. (Dr.) Johnston was in Belleville Monday.

Mr. and Mrs. R. H. Spencer spent Easter with friends in Belleville.

Mr. Chapman of the British Chemical Co., has rented, furnished, Mrs. Paterson's bungalow, on Catherine St. His family arrived in town on Monday from Louisville, Kentucky.

Mrs. R. M. Foster has been made a member of the Chamberlain Chapter Imperial Order Daughters of the Empire, Toronto, and was presented with the Order special pin and red ribbon indicating the wearer so honored, has a son overseas fighting for the Empire.—The Courier.

MRS. GEORGE MCCOY DEAD

Florence May McCoy, wife of Mr. George McCoy, passed away last evening in the hospital after two weeks' illness. She was a daughter of the late William Wright and was born in Eldorado in 1880. For the past six years she has resided in Foxboro. Mourning her loss are her husband one son William McCoy aged two years, one daughter, Mary Estelle McCoy aged seven years, her mother, two sisters, Miss Cora Wright and Miss Emma Lulu Wright, Eldorado and two brothers, Lewis Wright of Eldorado and Robert of Plainfield. The remains will be shipped to Eldorado by Messrs. Tickell & Son's Company.

Miller's Worm Powders destroy worms without any inconvenience to the child, and so effectively that they pass through the body unperceived. They are not ejected in their entirety, but are ground up and pass away through the bowels with the excreta. They thoroughly cleanse the stomach and bowels and leave them in a condition not favorable to worms and there will be no revival of the pests.

NEWS

OAR

Owing to telephone lines convenient to take

The enter John's Hall on April 11, was

Mr. and Mrs. Miss Ila Row reception to Chase at Melv

Mr. Bruce visited his un Mrs. Smith R

Messrs. W. Wetler have spending the

Miss Wilso spending the home in Delh

Master D'ar Mr. Wm. V position in Ph the summer.

Miss Ila Re after spending uncle and aunt on Chase, Cor

Miss Pauline home after spending her sister, Mrs

Master Will few days with W. McLaughlin

Service in Sunday at 10.3 Methodist chu

AM

Mr. Geo. Al during the Al say, is impro

Mr. and M visited at Geo noon.

Mr. and M spent Sunday Mr. and M

Gerald, also part, were Su rington's.

Mrs. W. C. Clapp's, Dede Grant Ra spending his here.

Mr. Bert Trenton, spending his parents, ams.

A great nu this vicinity lan Blakely

Blakely and Belleville, and friends

A baby's home of Mr Mr. F. Zuff

is being busi trict distrib Miss Ruby Carrington o

Mr. Claren a new kitch Mr. L. Wil and is looki

Springbro loaded a car Harold got s

Rev Mr. Friday even Sunday Scho day in May.

Mr. Blake day at Bellev Mr. Percy

has spent E Emma Smart Mr. Blake

father on We and reports

Mr. and M Saturday eve Mr. Ed. M

end with his Donald, of P

Pte. Why Bath, Ottawa his parents Fox, prior soon.

Mr. Chas. bert's Mills, Mrs. R. J. H

Mr. and M ton, spent St Ed. McDona

Our scho is spending home in Me

Miss Myr friends in F Sorry to is

the sick is Miss Mabel Easter Holl vicinity.

Mr. Ed. Vera, visit Wellington, Pte. Will

Que, spent his parents Joyce. Mrs. Jan.