

HOW WOMEN AVOID OPERATIONS

By Taking Lydia E. Pinkham's Vegetable Compound.

Cleveland, Ohio—"My left side pained me so for several years that I expected to have to undergo an operation, but the first bottle I took of Lydia E. Pinkham's Vegetable Compound relieved me of the pains in my side and I continued its use until I became regular and free from pains. I had asked several doctors if there was anything I could take to help me and they said there was nothing that they knew of. I am thankful for such a good medicine and will always give it the highest praise."

Mrs. C. H. GRIFFITH, 7305 Madison Ave., Cleveland, Ohio.
Hanover, Pa.—"I suffered from female trouble and the pains were so bad at times that I could not sit down. The doctor advised a severe operation but my husband got me Lydia E. Pinkham's Vegetable Compound and I experienced great relief in a short time. Now I feel like a new person and can do a hard day's work and not mind it. What joy and happiness it is to be well once more. I am always ready and willing to speak a good word for the Compound."—Mrs. ADA WILT, 196 Stock St., Hanover, Pa.
If there are any complications you do not understand write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

What Dyspeptics Should Eat

A PHYSICIANS' ADVICE

"Indigestion and practically all forms of stomach trouble are, nine times out of ten, due to acidity; therefore stomach sufferers should, whenever possible, avoid eating food that is acid in its nature, or which by chemical action in the stomach develops acidity. Unfortunately, such a rule eliminates most foods which are pleasant to the taste as well as those which are rich in blood, flesh and nerve building properties. This is the reason why dyspeptics and stomach sufferers are usually so thin, emaciated and lacking in that vital energy which can only come from a well fed body. For the benefit of those sufferers who have been obliged to exclude from their diet all starchy, sweet or fatty food, and are trying to keep up a miserable existence on gluten products, I would suggest that you should try a meal of any food or foods which you may like, in moderate amount, taking immediately afterwards a teaspoonful of bisurated er. This will neutralize any acid which may be present, or which may be formed, and instead of the usual feeling of uneasiness and fullness, you will find that your food agrees with you perfectly. Bisurated er is doubtless the best food corrective and antacid known. It has no direct action on the stomach; but by neutralizing the acidity of the food contents, and thus removing the source of the acid irritation which inflames the delicate stomach lining, it does more than could possibly be done by any drug or medicine. As a physician, I believe in the use of medicine whenever necessary, but I must admit that I cannot see the sense of dosing an inflamed and irritated stomach with drugs instead of getting rid of the acid—the cause of all the trouble. Get a little bisurated er from your druggist, eat what you want at your next meal take some of the bisurated er as directed above, and see if I'm not right."

IN THE HEART OF THINGS
Hotel Martinique
Broadway at 32d St., NEW YORK.
600 Rooms 400 Baths
Splendid room, with adjoining bath, \$2.00.
With private bath, from \$2.50.
Special weekly rates.
Restaurant Prices Moderate.
The most convenient location to theatres, department stores and all transit lines; baggage transferred to and from Penn. Station free.
Chas. S. Taylor, Pres. Dent. Walter Gilgan, Vice-President. Walter Chandler, Jr., Gen. Mgr.

BRITAIN'S FIGHT FOR HUMANITY

Inspiring Speech by Mr. Lloyd George

(Continued from page nine.)

uation with dignity. (Loud cheers.) She said to Austria: "If any officers of mine have been guilty and are proved to be guilty, I will dismiss them." Austria said: "That is not enough for me." (Laughter.) It was not guilt she was after, but capacity. (Laughter.) Then came Russia's turn. Russia has a special regard for Serbia. She has a special interest in Serbia. Russians have shed their blood for Serbian independence many a time. Serbia is a member of her family, and she cannot see Serbia maltreated. Austria knew that Germany knew that and Germany turned round to Russia and said, "Here, I insist that you shall stand by with your arms folded whilst Austria is strangling to death your little brother." (Laughter.) What answer did the Russian Slav give? He gave the only answer that becomes a man. (Cheers.) He turned to Austria and said, "You lay hands on that little fellow and I will tear your ramshackle empire—loud and prolonged cheering—limb from limb." (Renewed cheers.) And he is doing it. (Great cheering.)

THE LITTLE NATION.

That is the story of the little nations. The world owes much to little nations—(cheers)—and to little men. (Laughter and cheers.) This theory of big ness—you must have a big empire and a big nation and a big man—well, long legs have their advantage in a retreat. ("Hear, hear" and laughter.) Frederick the Great chose his warriors for their height, and that tradition has become a policy in Germany. Germany applies that ideal to nations; she will only allow six-foot two nations to stand in the ranks. (Laughter.) But all the world owes much to the little five feet high nations. (Cheers.) The greatest art of the world was the work of little nations. (Cheers.) The most enduring literature of the world came from little nations. The greatest literature of England came from her when she was a nation of the size of Belgium fighting a great Empire. (Cheers.) The heroic deeds that thrill humanity through generations were the deeds of little nations fighting for their freedom. (Cheers.) Ah, yes, and the salvation of mankind came through a little nation. God has chosen little nations as the vessels by which He carries the choicest wines to the lips of humanity, to rejoice their hearts, to exalt their vision, to stimulate and to strengthen their faith; and if we had stood by when two little nations were being crushed and broken by the brutal hands of barbarism our shame would have rung down the everlasting ages. (Cheers.)

But Germany insists that this is an attack by a low civilization upon a higher. (Laughter.) Well, as a matter of fact, the attack was begun by the civilization which calls itself the higher one. Now, I am no apologist for Russia. She has perpetrated deeds of which I have no doubt that her best sons are ashamed. But what Empire has not? And Germany is the last Empire to point the finger of reproach at Russia. (Hear, hear.) But Russia has made sacrifices for freedom—great sacrifices. You remember the case of Bulgaria when she was torn by the most oppressive tyranny that Europe has ever seen. Who listened to the cry? The only answer of the higher civilization was that the liberty of Bulgarian peasants was not worth the life of a single Pomeranian soldier. But the rude barbarians of the North—they sent their sons by the thousands to die for Bulgarian freedom. (Cheers.)

What about England? You go to Greece, the Netherlands, Italy, Germany and France, and all these lands gentlemen could point out to you where the sons of Britain have died for the freedom of these countries. (Cheers.) France has made sacrifices for the freedom of other lands than her own. Can you name a single country in the world for the freedom of which the modern Prussian has ever sacrificed a single life? (Cheers.) The test of our faith, the highest standard of civilization is the readiness to sacrifice for others. (Cheers.)

THE BRUISED FIST.

I would not say a word about the German people to disparage them. They are a great people; they have great qualities of head, of hand and of heart. I believe, in spite of recent events, there is a great core of kindness in the German peasant as in any peasant in the world. But he has been drilled into a false idea of civilization—(hear, hear)—efficiency, capability.

Good Sleep Good Health

Exhausted Nerves Fully Restored by Dr. Chase's Nerve Food
When the nerve force expended in the day's work and in the act of living is not replenished by restful sleep at night you have cause to be alarmed, as physical bankruptcy stares you in the face. This letter directs you to the most satisfactory cure for sleeplessness.
Mr. Dennis Macklin, Maxton, Sask., writes—"I have just finished using the sixth box of Dr. Chase's Nerve Food, and I must say that when I commenced using it my nerves were so bad that I could scarcely get any sleep. I would lie in bed nearly all night without sleep, and anyone who has this trouble knows the misery of sleepless nights. The Nerve Food helped me from the start, and has built up my nervous system wonderfully. I now enjoy good, sound sleep, and instead of feeling tired in the morning I am strong and healthy, and well fitted for my daily work."
Dr. Chase's Nerve Food, 50 cents a box, 6 for \$2.50; all dealers, or Edmanston, Bates & Co., Limited, Toronto.

It is a hard civilization; it is a selfish civilization; it is a material civilization. They could not comprehend the action of Britain at the present moment. (Hear, hear.) They say so, "France," they say, "we can understand. She is out for vengeance, she is out for territory—Alsace Lorraine. (Cheers.) Russia, she is fighting for mastery, she wants Galicia." They can understand vengeance, they can understand you fighting for mastery, they can understand you fighting for greed of territory; they cannot understand a great Empire pledging its resources, pledging its might, pledging the lives of its children, pledging its very existence, to protect a little nation that seeks for its own defence. (Cheers.) God made men in his own image—high of purpose, in the region of the spirit. German civilization would re-create him in the image of a Diesel machine—precise, accurate, powerful, with no room for the soul to operate. That is the "higher" civilization.

What is their demand? Have you read the Kaiser's speeches? If you have not a copy, I advise you to buy it; they will soon be out of print—(laughter)—and you won't have any more of the same sort again. (Renewed laughter and cheers.) They are full of the clatter and bustle of German militarists—the mailed fist, the shining armour. Poor old mailed fist—its knuckles are getting a little bruised. Poor shining armour—the shine is getting knocked out of it. (Laughter.) But there is the same swagger and boastfulness running through the whole of the speeches. You saw that remarkable speech which appeared in the "British Weekly" (this week). It is a very remarkable product, an illustration of the spirit we have got to fight. It is his speech to the soldiers on the way to the front:—

"Remember that the German people are the chosen of God. On me, on me as German Emperor, the Spirit of God has descended. I am His weapon. His sword and His vizard. Woe to the disobedient! Death to cowards and unbelievers!"
There has been nothing like it since the days of Mahomet. (Loud laughter and cheers.)

HIS "MARTIAL STRADDLE."

Lunacy is always distressing, but sometimes it is dangerous, and when you get it manifested in the head of the State, and it has become the policy of a great Empire, it is about time when it should rather be put away. (Cheers.) I do not believe he meant all these speeches. It was simply the martial straddle which he had acquired; but there were men around him who meant every word of it. That was their religion. Treaties? They tangled the feet of Germany in her advance. Cut them with the sword. Little nations? They hinder the advance of Germany. Trample them in the mire under the German heel. The Russian Slav? He challenges the supremacy of Germany and Europe. Hurl your legions against him. Assault him. Britain? She is a constant menace to the predominance of Germany in the world. Wrest the trident out of her hands. Ah! more than that. The new philosophy of Germany is to destroy Christianity. Sickly sentimentalism about saints and heroes, paper pap for German digestion. We will have a new diet. We will force it on the world. It will be made in Germany. (Laughter.) A diet of blood and iron. What remains? Treaties have gone; the honor of nations gone; liberty gone. What is left? Germany's left—Deutschland uber Alles. That is all that is left.

THE FIGHT FOR HUMANITY.

That is what we are fighting, the claim to predominance of a civilization a material one, a hard one, a civilization which if once it rules and sways the world, liberty goes, democracy vanishes, and unless Britain comes to the rescue, and her sons, it will be a dark day for humanity. (Loud cheers.) We are not fighting the German people. The German people are just as much under the heel of this Prussian military cast, and more so, thank God, than any other nation in Europe. It will be a day of rejoicing for the German peasant and artisan and trader when the military caste is broken. (Cheers.) You know his pretensions. He gives himself the airs of a demigod. Walking the pavements—civilians and their wives swept into the gutter; they have no right to stand in the way of the great Prussian junker. Men, women, nations—they have all got to go. He thinks all that he has got to say is "We are in a hurry." (Laughter.) That is the answer he gave to Belgium. "Rapidity of action is Germany's greatest asset," which means "I am in a hurry. Clear out of my way."

THE ROAD HOG OF EUROPE.

You know the type of motorist, the terror of the roads, with a sixty horsepower car. He thinks the roads are made for him, and anybody who impedes the action of his car by a single mile is knocked down. The Prussian junker is the road-hog of Europe. (Loud cheers.) Small nationalities in his way hurled to the roadside, bleeding and broken; women and children crushed under the wheels of his cruel car. Britain ordered out of his road. All I can say is this. If the old British spirit is alive in British hearts, that bully will be torn from his seat. (Prolonged cheers.) Were he to win it would be the greatest catastrophe that has befallen democracy since the days of the Holy Alliance and its ascendancy. They think we cannot beat them. It will not be easy. It will be a long job. It will be a terrible war. But in the end we shall march through terror to triumph. (Cheers.) We shall need all our qualities, every quality that Britain and its people possess. Prudence in council, daring in action, tenacity in purpose, courage in defeat, moderation in victory—(cheers)—in all things faith, and we shall win. (Cheers.)
It has pleased them to believe and

"An Extra Run" on FRY'S COCOA



RUNNING a big Mogul on schedule time is about as complete a brain, sinew and nerve test as a man could want. So when the order comes for "An Extra Run," that engineer is wise who fortifies himself with a cup of FRY'S COCOA. FRY'S, because it builds for "nerves of steel." It's such a splendid food as well as a delicious beverage.

Drink FRY'S regularly yourself and note the vigor it imparts.



Trade Supplied by
J. S. FRY & SONS, Limited

Truro, Montreal, Toronto, Winnipeg, Calgary, Edmonton, Vancouver, Victoria.

Guaranteed Engine At Cost Price
THIS IS YOUR ONE CHANCE

A Brand New Engine at a BARGAIN

Just to clear out the whole lot, we are offering the few remaining guaranteed WOODPECKER ENGINES AT COST. These should only last a few days. If you want one and appreciate the bargain you must act quickly—you must ACT NOW.

The Engines are brand new—guaranteed—complete with necessary equipment, including gasoline tank, platform, water cooler, pulley, batteries, wrenches and printed instructions—sizes 4 and 6 h. p.

If you want a strong simple engine—if you want the best engine at lowest possible price then NOW IS YOUR CHANCE—call, write or phone us.

A. Pickard & Co., Coal Dealers
Charlottetown

DODD'S KIDNEY PILLS
CURES ALL KIDNEY DISEASES
RHEUMATISM
BRIGHT'S DISEASE
DIABETES
GRAVEL
23 THE PR.