

MRS. MAY COULD NOT WORK

Made Well and Strong by Lydia E. Pinkham's Vegetable Compound.

Columbia, Pa.—"I was very weak and run down and had dragging-down pains and pains in my back. I could not get around to do my work and had to sit down and rest oftenduring the day. I saw Lydia E. Pinkham's Vegetable Compound advertised in the papers and read the testimonials, so I thought I would try it. Now I am healthier than I ever was in my life, and can recommend it to any woman who suffers as I did."

—Mrs. ELIZABETH MAY, R. F. D. No. 1, Columbia, Pa.

The reason Lydia E. Pinkham's Vegetable Compound is so successful in overcoming woman's ills is because it contains the tonic, strengthening properties of good old fashioned roots and herbs, which act on the female organism. Women from all parts of the country are continually testifying to its strengthening, curative influence, and the letters which we are constantly publishing from women in every section of this country prove beyond question the merit of this famous root and herb medicine.

ABSORBINE STOPS LAMENESS from a Bone Spavin, Ring Bone, Splint, Curb, Side Bone, or similia, troubles and gets horse going sound. It acts mildly but quickly and good results are lasting. Does not blister or remove the hair and horse can be worked. Page 17 in pamphlet with each bottle tells how. \$2.50 a bottle delivered. Horse Book 9 R free.

ABSORBINE, JR., the antiseptic liniment for mankind, reduces Painful Swellings, Enlarged Glands, Wens, Bruises, Varicose Veins, heals Sores. Allays Pain. Will tell you more if you write. \$1.25 a bottle at dealers or delivered. Liberal trial bottle for 10c stamps. W. F. YOUNG, Inc., 141 Lyman's Bldg., Montreal, Can. Absorbine and Absorbine, Jr., are made in Canada.

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Do You Know

That we operate the only Lens Grinding Plant on P. E. Island?

That we employ a skilled Surface Grinder, and are daily grinding from the rough glass—the most complicated kinds of lenses?

Those are facts, which mean a good deal to the Glass wearing public, doing away with the annoying delays caused by sending away for special lenses.

Send your glasses in by mail, you'll get them back promptly and in perfect condition.

Call in and look over our plant.

G. F. Hutcheson
Optometrist and Optician

CUBA, THE LAND OF THIRSTY AND FRIVOLOUS

Americans are making the glad discovery that for those of them who are frivoloous and thirsty there is a land, six hours distant from their main coast, where everything is as wide open as ever it was along Broadway, and where it is likely so to remain for generations to come. Every now and then a writer bursts forth in an American paper calling attention to the virtues of Cuba for those who wish to drive away dull care, the latest being a writer for the New York Times, who tells us all about the great plans going forward to make the Gem of the Antilles an American Monte Carlo and draw there the tens of thousands of wealthy people who hitherto have spent their vacations in California and Florida. Of course, what appeals now as the peculiar attraction of Cuba is that it continues lawful for a person to buy and imbibe an alcoholic drink, whereas the same has become a criminal offence in California and Florida. It is true that there is no prohibition in Mexico, either, and no doubt the holiday traffic along the border will increase, but Mexico being largely in the hands of brigands, she will not get the tourist business that her lesser immoralities entitle her to.

Sunday in Cuba

With Cuba it is vastly different. One's life and property are as safe in Havana as in any American city. The people are extremely hospitable and courteous, and apart altogether from the alcoholic lure there are few places in the world that have better claims as a great winter holiday resort. It is true that the Cubans have different standards from Americans and Canadians. There are the standards of Spain only slightly modified, but this does not disqualify their land as a pleasure park. Although the land abounds in beautiful churches, Sunday is like any other day, only more so. For instance, the most important cock fights are held on "Sundays and holy days" and a holy day in Cuba is a real holiday. The gambling instinct is strong within the people, and the lotteries, for which tickets may be bought everyday in the year on the streets—it being easier to buy them than not to buy them—are under State patronage and control. There are no bull fights, for they were abolished by Gen. Leonard Wood when the American army of occupation was in control. But there are cock fights horse racing with unlimited speculation, and cafes open all night and every day of the year.

Much Drink, Few Drunk

The New York Times writer is astonished to find so few intoxicated Cubans, although the hotels are open all the time. But is this a greater paradox than to find so many intoxicated Americans and Canadians where there is no liquor on sale? The truth is that the Cubans are not a drinking people. A prominent Havana merchant told the writer a few years ago that one who tried in Cuba rarely felt a physical craving for alcoholic liquor, the climate being responsible. On the other hand, when he had resided in England and in Canada, he had experienced this desire, and attributed it to a defect in the climate. Cubans, as a rule, prefer syrups, and a first-class soda water fountain could be backed to do more business than the most attractive of bars. The drinking in Havana in the past has been done by the imported drinkers, and will continue to remain in their department in the future. That being so, it is difficult to imagine Cuba listening sympathetically to any prohibition crusaders. The Cubans are not to be persuaded that alcohol does them harm since they are very abstemious, and since it may attract millions of dollars to their country every year why should they place a ban upon it?

The Havana Hotels

One lack of the country is sufficient good hotels. Havana has fewer than one thousand rooms of the sort to be found in a first-class American hotel, but it is said that there are schemes under way to supply this deficiency. It may be said in all kindness, too, that the hotels are kept by descendants of Captain Kidd, who once romped in the vicinity. In their behalf it should be stated that since their season is a short one, there being little hotel traffic in the summer months, they have to get twelve months income in the winter. But a good hotel where one could get such food, and particularly coffee, as is obtainable in a thousand American and Canadian hotels, would surely be a money maker in Cuba, and it should cost nothing like so much as a similar hotel in the United States, for labor is cheaper there and hotel furnishings, on account of the climate, are few and simple. In fact, in a ten-dollar-a-day room in Havana one would hardly find a hundred dollars worth of furnishings, based upon prewar prices. No bacon, barons have anything to show the Cubans who cater to the tourists, and one cannot there escape the high cost of living. The only difference is that in Cuba, in

return for the high cost, one gets the living.

It May be Spoiled

One learns with regret that it is planned to make Marianao another Atlantic City, as though one Atlantic City were not more than enough, and it can easily be understood by those

who have visited Havana that its charm may be utterly ruined if it is given over for improvement to the people who have made Coney Island famous. It has its own essential beauty and spirit just as Quebec has and New Orleans and barring a few good hotels, one is at a loss to understand what the United States can contribute

to it that will not be a bair. It is a perfect picture as it stands, one of the most beautiful in this hemisphere. Horrible that it should be remodelled according to Liederkrantz standards of taste and comfort! The Cubans protest that their country in the Summer has its attractions also, and that one can live there in comfort all the year

round, although its fame has been made as a winter resort. If wealthy Americans can be convinced that at no time its climate is intemperate, it is a safe prediction that thousands of them will make it their permanent home, and transact their business with the mainland by means of the mails and the telegraph.

A girl who can't sing, and will sing, should be muzzled.

Fortune sometimes favors a man for the purpose of destroying him.

Nothing is better than a good woman and nothing is worse than a bad one.



CANADA'S PROSPERITY RESTS WITH YOU

Continued Business Activity and Good Wages Depend on Canada's New Victory Loan

DURING the past four years Canada's prosperity has been due largely to orders from Great Britain and our Allies.

Canada was able to obtain these orders because she advanced credit to these countries.

Canada was able to give this credit only because you bought Victory Bonds.

Great Britain, with France, Belgium, and other Allies, are now prepared to place large orders with us for the products of our factories, farms, forests and fisheries—provided Canada again gives them credit.

Credit must be given if we are to have any guarantee of good times

and good wages. But our workers on these orders must be paid their wages in cash; so, much of the money that you invest in Victory Bonds will go out in wages to Canadians.

You will be absolutely protected—you will get a good rate of interest and all of your money will be paid back at the time stated in the Bond.

Every cent will be spent in Canada, and ultimately circulate to the benefit of all.

Canada can give this credit only if you again buy Victory Bonds.

If Canada is not able to give this credit, other countries will.

Therefore Canada's continued prosperity rests with you.

Victory Loan 1919

"Every Dollar Spent in Canada"

Issued by Canada's Victory Loan Committee, in co-operation with the Minister of Finance of the Dominion of Canada.

BRINGING UP FATHER

