WOMEN OF MIDDLE LIFE

angerous Period Through Which Every Woman Must Pass

ctical Suggestions Given by the Women Whose Letters Follow

Afton, Tenn.—"I want other suffering women to know what Lydia E. Pinkham's Vegetable Compound has done for me. During the Change of Life I was in bed for eight months and had two good doctors treating me but they did me no good. A friend advised me to take Lydia E. Pinkham's Vegetable Compound, which I did, and in a short time I felt better. I had all kinds of bad spells, but they all left me. Now when I feel weak and nervous I take the Vegetable Compound and it always does me good. I wish all women would try it during the Change of Life for I know it will do them good. If you think it will induce some one to try the Vegetable Compound you may publish this letter." —Mrs. A. KELLER, Afton, Tenn.

Mrs. Mary Lister of Adrian, Mich., adds her testimony to the value of Lydia E. Pinkham's Vegetable Compound

rry women safely through the Change of Life. She says:

t is with pleasure that I write to you thanking you for what your rful medicine has done for me. I was passing through the Change of nd had a displacement and weakness so that I could not stand on my nd other annoying symptoms. A friend told me about Lydia E. Pinkham's Vegetable Compound and the first bottle helped me, so I got more. I am now doing my housework. Your medicine is certainly woman's and you may use this testimonial as you choose." Mrs. MARY , 608 Frank Street, Adrian, Mich.

said that middle age is the most trying period in a woman's life, and to modern methods of living not one woman in a thousand passes through rfectly natural change without experiencing very annoying symptoms. e smothering spells, the dreadful hot flashes that send the blood rushing head until it seems as though it would burst, and the faint feeling that , as if the heart were going to stop, those sinking or dizzy spells are all toms of a nervous condition, and indicate the need for a special medicine. dia E. Pinkham's Vegetable Compound is a root and herb medicine espe- adapted to act upon the feminine system. It acts in such a manner build up the weakened nervous system and enables a woman to pass ying period with the least possible annoying symptoms.

men everywhere should remember that most of the commoner ailments men are not the surgical ones—they are not caused by serious displace- or growths, although the symptoms may be the same, and that is why any apparently serious ailments readily yield to Lydia E. Pinkham's table Compound, as it acts as a natural restorative and often prevents us troubles.

dia E. Pinkham's Private Text-Book upon "Ailments Pecu- to Women" will be sent to you free upon request. Write The Lydia E. Pinkham Medicine Co., Lynn, Massachusetts. book contains valuable information.

CLASSIFIED ADVERTISEMENTS

Advertisements under this heading, 1c per word for each insertion.
Where copies come to our care to be forwarded, five cents must be added to cost to cover postage, etc.
Contractions count as one word, but five figures (as [illegible]) are allowed as one word.
Cash remittances to cover cost must accompany all advertisements. In no case can this rule be overlooked. Advertisements received without remittance cannot be acknowledged.

FEMALE HELP WANTED

NTED A MAID FOR GENERAL housework. Apply 75 Hillsboro Street.

NTED GIRL TO HELP WITH housework. No washing, one who can sleep at home preferred. Apply 40 Hillsboro St.

FOR SALE

R SALE—QUANTITY OF RABbits for fox food. Price twenty five cents each f. o. b., Sackville. Advise quickly how many you want. C. C. Avard, Sackville, N. B.

R SALE—Three to five thousand brass coffee bags, suitable for fishermen's nets. Sample sent on application. Address N. Fraid, "Bag Dealer," 449 Mt. Pleasant Avenue, Montreal, P.Q.

WANTED

ANTED—THE NAMES AND ADdresses of all Contractors, Carpenters, Property Owners, Real Estate Owners, together with all others interested in the prices of Building Material, Doors, Sash Mouldings, Hardwood Flooring, Roofing, Paper, Asphalt Shingles, Mantels, Tiles, Grates, School Desks, Blackboard etc, etc., We will issue in the near future, a complete catalogue covering all classes of Building Material and will be glad to send free copy of this catalogue to everyone sending us their names and addresses. Please let us have this information by Postal Card or Letter, mailing same to us at Amherst. This catalogue will be one of the most complete of its kind, and to those interested in the purchase of Building Material, will prove of great value and assistance. Rhodes, Curry, Limited, Amherst N. S.

MALE HELP WANTED

CHEESE MAKER WANTED by East River Dairying Co. Applications stating wages per month received until Feb. 25th Alex MacDonald, Secretary, Glenfinnan

MISCELLANEOUS

FOR JOB PRINTING OF ANY description, patronise the Central Job Printery, 176 Kent St. Tel. 420-L

MAKE MONEY AT HOME—$15 to $60 paid weekly for your spare times writing show cards for us. No canvassing. We instruct and supply you with work. West Angus Show card service 57 Colborne Street, Toronto

SEND ME YOUR RAW FURS—I will buy for cash or handle on consignment for New York or London market. Satisfactory service, prompt returns. E. H. Rayner Summerside, P. E. I. or 157-159 West 27th Street, New York

ALL UNCALLED FOR SUITS and overcoats from our thirty branches throughout Canada will be sold at $14.00 each. Odd trousers $3.95. In many cases this price is less than 1-5 their actual value. Merchants buy these goods resale to their customers. Wise men will buy 2 or 3 suits and an overcoat at this price. For sale at 158 Richmond St.

CLOTH! CLOTH! CLOTH! DO your women folks need materials in good qualities for their dresses and suits? We have thousands of yards that will be sold as low as $2.75 per yd. 1-2 regular price in goods 54 to 56 inches wide. This is an excellent opportunity to get materials in better qualities than usually found in women's fabrics and also take care of the children's needs Call at our store. Address 158 Richmond Street, English & Scotch Woolen Co.

Hotel Arrivals

VICTORIA HOTEL

A. S. Martin, Toronto; D. M. Mendels, Toronto; G. Bodent, Montreal; W. H. Virgin, Moncton; D. McKay, Kentville; L. D. Spence, St. John; Jas. J. MacDonald, Perth; Wm. F. R. Irving, Montreal; A. A. Archibald, Truro; H. B. Bagot, Toronto; R. A. Lowe, Montreal; H. M. Smith, Halifax; O. F. Leonard, Baltimore, Md; Mrs. A. Campbell, Summerside; M. McKenzie, Moncton; B. B. Carter, Toronto; T. W. Kirkwood, Montreal; Capt. R. M. Betts, Wallace, N. S.

REVERE HOTEL

W. S. Curtis, Summerside; Alf. Stewart, and wife, Southport; H. V. Raymond, Sydney; J. A. Lyman, Tryon; S. Davidson, Moncton; H. S. Roadhouse, Toronto; W. C. Clarke, St. John; H. E. Myers, Halifax; B Benjamin, St. John; Ed. Lavergne, Quebec.

DR. DEVAN'S FRENCH PILLS

A reliable regulating pill for Women. Restores health, maintains strength, ensures beauty, lessens pain. $5 a box. At all druggists or direct from our laboratory. The Scobell Drug Co., 91 Youville St., Montreal.

For Sale by Victor Coyle

THE CENTRAL GUARDIAN

IT PAYS to buy in this province.

DON'T FORGET the concert and candy sale in Millview Hall on February 16th.

HOCKEY TONIGHT!—Abbies vs S. D. U. also skate. Skating starts at nine sharp.

ST DUNSTANS vs ABBIES.—at the arena tonight. One hour and a half skate afterwards.

THERE WILL BE MUSIC and a delightful lecture in "Some Side Lights in Scottish Character" at the Caledonian Club Thursday at 8 p. m. Lecturer, Mr. Wm. Reid, F. S. A.

MEMORIAL CROSS.—Mrs. Edward McKenna, Iona has received a beautiful cross and ribbon from Military headquarters, Ottawa, in memory of her son, Pte. Andrew McKenna, who laid down his life for his King and Country.

CHILD BURNED.—The year and a half old baby of Mr. and Mrs. John Turner was taken to the P. E. I. Hospital yesterday afternoon for treatment for burns. The child it is understood, slipped from the hands of a girl on to the stove and was considerably burned about the face and body, though it is pleasing to learn, not dangerously.

I. O. O. F.—The Past Grands of Wildey Lodge No. 27 I. O. O. F. of this city intend holding a Past Grands night on Friday evening next, the 18th inst. It is the intention to have a degree team composed altogether of veteran Past Grands confer the Initiatory Degree on a number of candidates. All Oddfellows will be privileged to be present. There will be a programme and refreshments in connection with the degree. The team is right down to practice and a good evening is likely to be spent among the brethren.

PERSONALS

Mr. M. J. Power, Summerville, is in the city.

Mr. James Gormley left yesterday on return to Sydney.

Mrs. Robert H. Dewar, St. Peters P. E. I. is visiting her parents Mr. and Mrs. Charles Phillips, Truro, N. S.

Misses Amy and Bertha McQuaid, city, left yesterday afternoon on a visit to Miss Hillus Murphy, Summerside.

Miss Reta Hagan, Kelly's Cross has returned to her home after spending a few days visiting her friends in Albany and Kinkora.

Mrs. H. M. Chisholm and Miss Marjorie Chisholm, Tryon, are visiting in Charlottetown the guests of Mr. and Mrs. Benj. Carter, Bayfield Street.

Home-made, but Has No Equal for Coughs

Makes a family supply of really dependable cough medicine. Easily prepared, and saves about $2.

If you have a severe cough or chest cold accompanied with soreness, throat tickle, hoarseness, or difficult breathing, or if your child wakes up during the night with croup and you want quick help try this reliable old home-made cough remedy. Any druggist can supply you with 2½ ounces of Pinex. Pour this into a 16-oz. bottle and fill the bottle with plain granulated sugar syrup. Or you can use clarified molasses, honey, or corn syrup, instead of sugar syrup, if desired. This recipe makes 16 ounces of really remarkable cough remedy. It tastes good, and in spite of its low cost, it can be depended upon to give quick and lasting relief.

You can feel this take hold of a cough in a way that means business. It loosens and raises the phlegm, stops throat tickle and soothes and heals the irritated membranes that line the throat and bronchial tubes with such promptness, ease and certainty that it is really astonishing.

Pinex is a special and highly concentrated compound of genuine Norway pine extract, and is probably the best known means of overcoming severe coughs, throat and chest colds.

There are many worthless imitations of this mixture. To avoid disappointment, ask 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.

Columbia Batteries

One car-load received today. Please mail your order.

The Rogers Hardware Co., Ltd.

COME TO THE CONCERT and Candy Sale, Millview Hall February 16th.

CITY LEAGUE.—2nd game of the series and 1 1-2 hours skate afterwards.

AT HOME.—The American Consul and Mrs. Livingston will be at home on Washington's birthday, February 22nd., 1921, from 4 until 6 o'clock, 249 Euston Street.

THE ABBIES RETURN.—The Abegweits hockeyists returned last night from their successful tour of the mainland. The boys though tired from their strenuous trip are in good spirits and quite optimistic.

A CONCERT AND CANDY SALE will be held in the Millview Hall on February 16th, in aid of the P. E. I. Protestant Orphanage Building Fund. If not fine will be held on the first fine night following. Concert begins at 7.30 p. m.

THE LINE OPEN.—The entire line of railway with the exception of the Elmira branch is now open and trains will be on their regular schedule today. The snow cuttings in some places are deeper than for a number of years and there are drifts where there were never known to be any before.

Y. M. C. A. HOCKEY TEAM RETURNED FROM ALBERTON

The "Y" boys returned to the city yesterday afternoon on the train from the west after being snow bound since Saturday. They played the two scheduled games with the Regals on Thursday and Friday nights last.

The "Y" boys were faster skaters and they played better team work than the Alberton team winning by a score of 7—4 and 7—1. The Alberton boys however had a chance to get back at the "Y" boys in a game on Monday night of this week when they cleared up with a 10—3 score.

The "Y" team are loud in their praise of the treatment received at Alberton. Both the managers and players of the Regals and the citizens in general accorded our boys the best of hospitality and fair treatment.

Minards Liniment used by Physicians

War Veterans Column

ADDRESS CORRESPONDENCE TO WAR VETERANS COLUMN, P.O. BOX 365, CHARLOTTETOWN

THE "DOUBLE LIFE.—The quiet country town had just said goodbye to its soldier visitors. They were nice boys, and most people had enjoyed their enlivening influence upon the dull old town. Two ardently patriotic ladies who had taken an interest in their "billets" and mothered and petted them, were talking together over tea. One dear old soul said: "Ah! he was a nice quiet boy, was Johnny; I expect he had a sweetheart waiting for him at home." The other lady: "Well, I thought he was quiet until I found that he has tea with me in the afternoon and takes my cook out in the evening."

WAR SCARE.—The world has been moved by the warning that the United States and our Empire "are treading the path leading to war." We know that there are some evil influences at work in the United States stiring up the spirit of hatred against us, but we do not believe for one minute that the sane public at large, or their leaders would tolerate war, any more than we would, between the two great branches of the Anglo-Saxon race. Many years ago it was said by an old Methodist circuit rider "that over a war between old England and new England all hell would clap its hands for joy." If war between the two great English speaking nations were even likely, it would become a question if our civilization was worth saving and if the race should not perish from the earth. At the same time this warning taken together with the warning of Premier Lloyd George should set us thinking. The premier says "Gigantic events are in the making. New nations are rising up, as though it was resurrection morning, and the new light is dazzling them. They are like men drunken with liberty." If such is the state of the world to-day, as it surely is, be believe that it is all the more reason why the two great English speaking nations should stand together.

WHAT TO TEACH BOYS.—The following is taken from an old clipping from a newspaper and which was previously copied from the "Parish Visitor". There is much sound advice in it, especially for these days. 1st,—To be true and to be genuine. No education is worth anything that does not include this. A man had better not know how to read, he had better never learn a letter in the alphabet, and be true, genuine in intention and action —rather than be learned in all sciences and languages, to be at the same time false in heart, and counterfeit in life. Above all things teach the boys that truth is more than riches, more than earthly power or possessions. 2nd, To be pure in thought, language and life, pure in mind and body. 3rd., To be unselfish. To care for the feelings and comforts of others. To be polite, to be just in all dealings with others. To be generous, noble and manly. This will include genuine reverence for the agtd and for things sacred. 4th. To be self-reliant and self-helpful, even from childhood. To be industrious always, and self-supporting at the earliest proper age. Teach able, that an idle life of dependance on others is disgractful.—When a boy has learned these four things, when he has made these ideas part of his being, however poor or however rich, he has learned the most important things he ought to know when he becomes a man.

LET a woman ease your suffering. I want you to write, and let me tell you of my simple method of home treatment, send you ten days' free trial, postpaid, and put you in touch with women in Canada who will gladly tell what my method has done for them.

A MESSAGE TO WOMEN!!

If you are troubled with weak, tired feelings, headache, backache, bearing down sensations, bladder weakness, constipation, catarrhal conditions, pain in the sides, regularly or irregularly, bloating, sense of falling or misplacement of internal organs, nervousness, desire to cry, palpitation, hot flashes, dark rings under the eyes, or a loss of interest in life, write to me today for free trial treatment.

Mrs. M. Summers, Box 631 Windsor, Ont.

VIEW OF EMPIRE.—Owing to recent developments, the Dominions are the allies of Great Britain more than anything else. Downing Street control has gone for ever, though the Nationalists for party purposes pretend that it still exists. Canada, South Africa and Australia are self-governing countries allied to Britain in the British Commonwealth. They are nations in the Entente group, standing together for mutual protection. (Johannesburg Times.)

AMERICAN VIEW. — Protest against withholding credit due the British for their part in the war has come from an American military leader and business man, whose name carries weight, Brig. General Charles G. Dawes, of Chicago, prominently mentioned for place in the Harding Cabinet, said to a sub-committee investigating war expenditures at Washington: I'm an American and I'm not ashamed to praise the British. It seems to have become unfashionable to say anything favorable about them. But I say it. I'm not in politics, and I'm not going into politics, thank God." The last sentence spoken by General Dawes explains much. In American politics, never more so than today, organized rewards are freely offered to those who condemn the British, and those who uphold international courtesy do so at their peril. Politicians being human, the result can be understood without seeking the nauseating details of falsehood and slander. (Montreal Star.)

Will the impression you made last night—

Endure the light of the sun today?

Complexions—Night and Noon

Almost any woman can look pretty at night, but only perfect, natural skins can face the glare of noon.

A radiant skin, healthy and glowing, is the very foundation of charm—and every woman can have one. Aids to beauty are many, but the essential is a thoroughly clean skin.

Good complexions call for soap

Beautifying cleanliness requires not only a clean surface, but also soap-cleansed pores. Such cleanliness calls for soap.

Dirt, oil and perspiration clog the skin. So does powder—so does rouge. At least once daily this accumulation should be removed. The best time is at night. Then for hours of sleep the skin has a chance to breathe.

Without such cleansing, glands and pores become enlarged and irritated. Their functions are retarded. Skins become coarse. Blackheads and blotches may follow.

Must be done with lather

This cleansing must be done with soap. There is no substitute. One must force lather into the pores, using a gentle massage. When that is rinsed out, the dirt and oil come with it.

A balmy lather needed

The study has been to produce a balmy, creamy lather. A lather that soothes while it cleanses. A lather which leaves the skin soft.

To do that, modern science has gone back to methods of 3,000 years ago. It employs a blend of palm and olive oils. Not as Cleopatra used them, but prepared in modern ways.

In Palmolive soap these matchless oils are perfectly combined. As a facial cleanser, the world has never found anything better. And it probably never will.

Palmolive cleans the skin with a gentle and soothing emollient. It leaves the skin in blooming, fresh condition. Its daily use is the foundation of skin beauty. Its every application penetrates the skin with the most beneficial oils of the ages.

If the skin is very dry, apply cold cream before and after washing. The soap will make a balmy lather. Rub it gently into the pores. Rinse out with warm water, then apply a dash of cold water as a tonic.

Then you have done the utmost, beyond good food, fresh air and exercise, to beautify the skin.

THE PALMOLIVE COMPANY OF CANADA, LIMITED, TORONTO, ONT.
The Palmolive Company, Milwaukee, U. S. A.

Why only 10 cents

We bring palm oil from Africa, olive oil from Spain. They are the costliest and the best oils a facial soap can employ. Yet Palmolive sells for 10 cents. The reason lies in enormous production. Millions use Palmolive. And our effort for many years has been to place it within everybody's reach.

Supreme for 3,000 years

Egyptian beauties used palm and olive oils. Roman beauties used them in their famous baths. As skin cosmetics, palm and olive oils have for ages stood supreme. But in olden times only the favored few could get them. And none could get them in this ideal form.

Volume and efficiency enable us to sell Palmolive for

10c

1293

AFTER-CONDITIONS OF BLIZZARD IN NEWFOUNDLAND

ST. JOHNS, Nfld, Feb. 15—Following the greatest blizzard of last week and the sudden thaw which followed, some of the streets of the city are practically impassable on account of the great quantities of snow and the slippery banks of ice. The railway has been greatly handicapped by the snow fall and the formation of ice on the track and the express which left the terminal at port Aux Basques ten days ago has not yet completed the five hundred miles run across country to St. Johns.

BIG YANKEE TWANG DUE TO LAZINESS OF THE JAW

Wellesley, Mass., Feb. 16—Dr. Eugene C. Howe, professor of hygiene at Wellesley College, startled his class of girls today by declaring that New England's traditional "Yankee Twang" is due mostly to laziness of the jaw. This is not attributed to a lack of jaw exercise but to an unaccountable failure to let the lower jaw fall far enough in articulating.

Students from New England who are by no means in a great majority at Wellesley are being urged by western girls to practice jaw calisthenics by wearing non-adjustable veils.

MACDONALD'S
PRINCE of WALES
CHEWING TOBACCO

The Tobacco with a heart

Canada's standard since 1858