

THIS WOMAN SAVED FROM AN OPERATION

By taking Lydia E. Pinkham's Vegetable Compound, One of Thousands of Such Cases.

Black River Falls, Wis. — "As Lydia E. Pinkham's Vegetable Compound saved me from an operation, I cannot say enough in praise of it. I suffered from organic troubles and my side hurt me so I could hardly get up from my bed, and I was unable to do my housework. I had the best doctors in Eau Claire and they wanted me to have an operation, but Lydia E. Pinkham's Vegetable Compound cured me so I did not need the operation, and I am telling all my friends about it." — Mrs. A. W. BUNZER, Black River Falls, Wis.



It is just such experiences as that of Mrs. Bunzer that has made this famous root and herb remedy a household word from ocean to ocean. Any woman who suffers from inflammation, ulceration, displacements, backache, nervousness, irregularities or "the blues" should not rest until she has given it a trial, and for special advice write Lydia E. Pinkham Medicine Co., Lynn, Mass.

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Minard's Liniment lumberman's friend

Woman Warrior is American's Bride

NEW YORK, Oct. 31.—When the liner America docked at Hoboken this afternoon, it brought as perhaps its most interesting passenger a young woman who served five years in the Russian Battalion of Death, was wounded twice and taken a prisoner once, wears two of the highest decorations awarded by the Russian army, and who returns to this country as the bride of an American soldier.

The remarkable young woman is Agnes Rostkovska, daughter of General Rostkovska of the old Russian army. She is now the wife of Harry C. Menneshee, of Covington Ky., who has been attached as a clerk to the Peace Commission in Paris. Mrs. Menneshee, who is twenty-two years old, is a striking beauty and it is hard to associate her with five years of hard service in the field with the famous "Women's Battalion" under General Denekine. Nevertheless, she served that length of time in the cavalry branch, being an expert horsewoman. She enlisted at the age of seventeen, and was in many battles. Wounded twice, she spent many months in hospitals, and towards the close of the war she was captured by the Germans. She spent some time in a German prison camp, going to Paris after her release. There she met Menneshee.

Today Mrs. Menneshee wore the Cross of St. Anne, awarded for zeal in service, and the Cross of St. George for bravery under fire.

Drinking a Glass of Hot Water is a Splendid Habit

Cleanse and sweeten the system each morning and wash away poisonous, stagnant matter.

Those of us who are accustomed to feel dull and heavy when we arise; splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, lame back, can, instead, both look and feel as fresh as a daisy always by washing the poisons and toxins from the body with phosphated hot water each morning.

We should drink, before breakfast, a glass of hot water with a teaspoonful of limestone phosphate in it to flush from the stomach, liver, kidneys and bowels the previous day's indigestible waste, sour bile and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary tract before eating more food.

The action of limestone phosphate and hot water on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a fine appetite for breakfast. A quarter pound of limestone phosphate costs very little at the drug store, but is enough to make anyone who is bothered with biliousness, constipation, stomach trouble or rheumatism an enthusiast on internal sanitation.

"AGENTS WANTED"

Men and women are now taking orders for our high grade, moderate priced personal Xmas cards. Making \$5.00 up each evening. Simply showing our magnificent free sample book to friends, acquaintances and neighbors after business hours. Full time agents make \$50.00 up. Highest commissions. Credit given. Deal direct with manufacturers and save customers 5 per cent. Modern Art Co., Toronto.



Daughters of Canada

The mother, the nurse, the women with the needle, the ambulance driver, the canteen worker, the "farmerette" and the daughters of industry in factory, office and store—all inspired the manhood and ennobled the womanhood of Canada by their labours of love and sacrifice in the days of the nation's anguish—now happily past.

And their response, to give and to lend of their money time and time again—was beyond all praise.

And—Canada—being mindful of their past example—and conscious of their all-pervading influence again asks her Countrywomen to buy Victory Bonds. Yes, she asks them to buy them, even

at the sacrifice of some cherished longed-for purchase.

It is self denial to do without something that will lend background to ones charm, but the time is not long and the debts of honour must be paid.

There is another thought, too, that wives and mothers will appreciate. The success of the Victory Loan makes for Prosperity. Steady employment is dependent upon prosperity. Without prosperity uncertainty will follow.

Hence Canada sounds a clarion call to her daughters for their aid in making an abundant success of the Victory Loan 1919.

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