

ONE 5OC BOX
BROUGHT HEALH
Years of Constipation Ended By "Frult-a-tives"
The Wondefint Fuili Medilicing
 real pleasure out of life; winl be
interested in this Setter oo Mr r.
Martha de Wolfe of East Ship Martha de Woife of East
Harbor, Ne. Solfe says, "For years 1
Me
Ms. Wasa dreadful sufferer from Constipa
tion and Headaches and mas miser
able in every way. Nothing in the way


 At dealers or from
Limited, Ottawa, Ont. a man had swallowed three black
crows, which began with a story
that he had swallowed something black. It has been observed that
such marvellous tales often gain
Quick Thinking


NEW BRUNSWIGK
POTATO CROP Reports received from New Bruns
wick indicate that the crop throughout that province is about 25 per cent less than that of 1922.
the Victoria
district the potato
acreage was 10 that of 1922. The yield was 100 bbls per acre and for White potatoes, the
average price has been $\$ 1.50$ per

barrel of 165 pounds. Red stock | Bliss variety sell at $\$ 2.25$ per bul. |
| :--- | of 165 pounds.. The potatoes are

all clean and sound and one-third of all clean and sound and one-third of
the crop has been marketed, leaving
one third in storage and one-thiro one third in storage and one-thira
till in the growers' hands. In the Fredericton district the acreage
runs about 60 per cent of that of 1922 than that of last year. 25 per cent
of the crop has been marketed the balance belng in the growers hands. The price recelved at the presen time is $\$ 1.40$
165 pounds.
165 pounds.
East Centreville-The acreage East centrevilie-The acreage
planted to potatoes in this district is 70 per cent of that of last year; with a yield of around 100 barrels per acre; which is slightly more m
the aggregate than the croj of 1922. The conaition ts good as regards quality and disease. 80 per cent of of potatoes are stil in the hands
of the grower. The price of potatoes at this time is $\$ 1.25$
per barrel of $\$ 65 /$ pounds. Belgium To Quit

The Ruhr Region? The
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to brin
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GEO. BURCHILL \& SONS
WOODWORKING FACTOR
Phone 108-6
South Nelson, N. B


| se of bankruptey and will no long be able to meet her public paylls, is the opinion of Dr. George othein, Democratic Reichstag leadwho to-day vigorously upbraided |
| :---: |
| ists for having nepdlessly .precipit ated a parliamentary crisis. |
| Dr. Gothein declared Germany's only salvation in the present situa |
| tion would be in the form of a foreign loan under allied supervision |
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| er currency were floated byt he Relchs |
| during which period its holdings of discounted treasury bills, private |
|  |  |
|  |
| twenty-six and one half million trillon. |
|  |

is in its unique flavour of rich delicacy. And It is in its unique flavour of rich delicacy. And sealed metal packets only.

## Nerves So Bad That

She Would Sit and Cry
Mr. Mary Hocking, Madoc, Ont, mituso -



 Nerve Food in the house, and re-
commend commend them to $m$ they are a Wonderful medicine:"
(Mr. J. W. Vince, Druggist, of
Madoc. O.

DR. CHASE'S NERVE FOOD
Cents a box, all dealers, or Edmanson, Bates \& Co, Lash, Toronto
Best Coal on the Market For Sale Old Mine Sydney \& Acadia Coals for Sale by bbl, Ton or First Served.

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E. E. BENSON, - Newcastle, N. B.


Just use soap and hot water to clean SMP Enameled Ware. It is so clean and so pure. As smooth as china and as strong as steel. And no metal
touches the food. Be sure you get
SMPEranded WARE
Three finishes: Pearl Ware, two coats of pearly grey enamel
inside and out. Diamond Ware, three coats, light blue and
white outside, white lining: Crytal Ware, three coats, pure white outside, white lining; Crystal Ware,
white inside and out, with Royal blue edging.


## "Every Sack is the Same"

Quaker Flour is rigidly tested once every hour during the milling process. A sample of each
day's milling is baked in our bakeshop before the flour can leave the mill. That is why in using Quaker Flour, you are alroays sure of getting the finest loaves of bread-the flakiest Every sack of Quaker Flour is sold under our nqualified guarantee of absolute satisfaction without question. The next time you buy flour, get Quaker. A single trial will convince you that it is the flour you will like to use.

Our expert baker has collected a number of
original recipes for home-made bread which

Always the Same-Always the Best

## FLAVOUR -the charm of "SALADA"

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WCAsTLE-Isaac Mitchell

