



The Cause of Heart Trouble

Faulty digestion causes the generation of gases in the stomach which induce and press on the heart and interfere with its regular action, causing faintness and pain. 15 to 30 drops of **Dr. King's Kidney Pills** after meals sets digestion right, which allows the heart to beat full and regular. 50c. and \$1.00 bottles at druggists.

OF INTEREST TO WOMEN

WATCH YOUR JEWELS

Valuable jewelry should be examined every few months and articles that need attention should be sent at once to the jeweler. This may save you a great deal of anxiety and expense.

ORANGES.

The white lining will come off clean with the skin if the oranges are allowed to remain in boiling water for five minutes before peeling. Then they can be sliced and put back in the refrigerator to cool.

SAFETY FIRST.

The man who is paid by the month should teach his wife to run her accounts in the budget system. Otherwise he is very apt to have to find some extra money to make up the gap during the last week before pay day.

PRACTICAL POINTERS.

Residue will remove stains on marble. Soap and blinding are apt to cause rust spots. Use a teaspoonful of salt to each quart of soup. Cornmeal is excellent as a skin cleanser and whiteners. Nothing exposes a cracked housewife as does tarnished table silver. Don't turn on any electrical appliance when your hands are wet.

MAKE YOUR OWN FIRE-SCREEN

A fire-screen that costs less than one-fifth of the cost of one bought ready made may be manufactured at home with little trouble. A yard of heavy screening thirty inches wide, eleven feet of wire and some thread wire are all that is required for a small fire screen. Bend the wire, rounding it evenly at the corners with a pair of pliers and pointing it at the bottom by winding the lapped ends with a piece of thread wire. Fasten the screen to the wire frame with thread wire by overcasting it; then bend back several inches on each end for wings. Finish the screen with a coat of green paint. One or two middle supports of the heavy wire may be put on the back of the screen if desired.

SOME VALUABLE INFORMATION

Salad oil added to putty prevents it from hardening or cracking. Turn a new paint-brush bristles up, open, pour in a spoonful of good varnish and keep in that position until dry. You will find that the bristles will never shed in painting. When punching a new hole in a sewing-machine belt, heat a hot-plate very hot and it will penetrate the belt like magic. To remove a stamp from an envelope, cut a piece of blotter the size of the stamp, soak it in cold water and put it on the stamp. Remove the blotter. In a few minutes and the stamp will come off.

In shipping flowers a long distance put the stems in raw potatoes. Several flowers can be put in one potato. The juice of the potato keeps them fresh.

To keep linoleum looking like new, wipe it off with fresh milk. It preserves the surface and keeps it bright. When bathing a baby in a porcelain tub lay a turkish bath-towel on the bottom of the tub to prevent the child from slipping.

Does the tone of your piano ever sound dull in the damp weather? Try placing a lump of lime in a breakfast food box inside the lower part, and see how soon it makes the tone clearer. For hands that chap easily take common table salt, dampen and rub your hands thoroughly after they have been in water. This is very healing.

SAVE CAKE

If the family time of an ice cake before it is all gone, then icing only half of a cake at one time will result in a saving. Frost half of a fresh cake and put the other half, without icing, carefully away in waxed paper in an air-tight box. When the first half of the cake has been eaten, get out the second half and ice it with a different kind of icing. The family will be as enthusiastic about it as though it were a new cake. The little additional time required for this twice-frosted cake is more than compensated for in the economy resulting.

MAKING OVER A DRESS

First of all, for the one-piece dress of wool or crepe, satin or velvet there is the long body from which you can drop the lower part to the new length, says the Delineator. At the same time it eliminates the worn upper part of the dress and gives you practically a new frock. With wool or velvet you can use a body of satin, crepe or georgette; with crepe, a body of georgette or of crepe in a contrasting color; with satin you can use Georgette.

One-piece dresses of either wool or silk can also be lengthened (if you can match the material) by trimming them with robs of braid or ribbon and placing under the trimmings.

If you want a new style as well as a new skirt length, you can take a straight one-piece dress and insert circular sections at the side, which gives you the smart swirl skirt long at the sides. If your material is silk crepe or satin and you can not match it, you can combine satin with crepe silk or crepe silk with satin. This is done frequently in new dresses when they are made of reversible material.

The best baths for the cure of heart disease consist of a sea water charged with carbon dioxide.

CHRISTIANITY AND PEACE

The Halifax Morning Chronicle is publishing a valuable and timely series of articles on "The Church and World Peace," by Professor J. M. Shaw, D. D., of the Presbyterian College, Halifax. In the first of these on "The Present Situation," which appeared in the issue of December 2, Dr. Shaw sees evidences that "amid

all the confusion and discord and strife in the world there is a growing steadfastness and expectancy. Christ-wards and God-wards—an ever-widening recognition that the only hope of the world and of the coming of peace, in international and intra-national relationships alike lies in the making of a new spirit, the spirit and mind of Christ, dominant and regnant in the life of the world," and he shows that this growing steadfastness and expectancy of Christ-wards and God-wards—of which he gives noble examples—is a new clarion-call to the Church to give herself energetically to the re-thinking and re-moulding of the great determining principles of the world, the Fatherhood of God and the brotherhood of man. Dr. Shaw's articles will attract wide interest and make a deep impression on thinking minds.—Presbyterian Witness.

WINTER TRIPS TO CALIFORNIA

Service of Canadian National Railways Offer Fine Opportunities for Journey.

Those who desire to escape the rigors of a Canadian winter are now planning a trip to British Columbia, or to Southern California.

It is a long journey, but distance is overcome in large measure by the splendid train service of the Canadian National Railways, and the traveller enjoys the comforts afforded by the finest through trains on the Continent.

Discuss this tour with any passenger agent of the Canadian National and learn the advantages of making this trip through Canada by the Canadian National Railways. It will teach you to know your own country better, and it affords views of the finest mountain scenery in America. Think of visiting in the winter months and spending the period where the grass is green, where the flowers are blooming, where summer pastimes are being indulged in, and where nature welcomes you with the sunniest of smiles.

From the Maritime Provinces there is the finest rail connection by the Ocean Limited or Maritime Express, with the famous "Continental Limited" leaving Montreal at 9:00 p.m. daily for Winnipeg, Saskatoon, Edmonton and Vancouver.

Particulars of this fine rail service will be furnished by any passenger or ticket agent of the Canadian National Railways.—Dec. 19-2-2.

AGAIN AT HOME

Veteran French Statesman Arrived in France This Morning From His Pilgrimage to the United States.

Have, Dec. 26.—Georges Clemenceau arrived home from his United States pilgrimage today in a typically hilarious mood, but apparently suffering from fatigue.

He will go to his Paris home for two weeks and then take a long rest at country place in the Venise at St. Vincent du Jar.

"I hope for good results from my trip to the United States," said Mr. Clemenceau, to the Associated Press. "However, let the people decide."

REGAINS HEALTH AFTER 6 YEARS

Halifax Man Tells How Dreo Helped Him.

The widespread enthusiasm now being shown here for Dreo could not arise from anything but the marvelous success this great root and herb remedy has attained by its powers to overcome sickness and distress. Many people right here in our midst tell us openly for the benefit of others how Dreo relieved them and how it took health and comfort. A typical statement is as follows:—



Mr. James H. Langille. "Six years ago I was very sick and could not work for a long time," says Mr. James H. Langille, 46 North Bland Street, Halifax. "During all that period I had been weak and run down. Things I ate would sour in my stomach, causing belching, bloating and raising a burning bile. At times I could hardly bend over for the pains in my kidneys. I suffered from rheumatism in my arms and shoulders. From time to time I had bilious attacks, my appetite was poor and often I lay awake half the night before going to sleep. "I started taking Dreo a little while ago and now I sleep fine and eat most anything. Before taking Dreo I tried almost everything and had begun to think my case was hopeless. Dreo seems specially made for me for my case, for after taking the first bottle, I have felt a big change. I am much stronger and have a lot more life. I don't expect Dreo to cure me in a short time, so I intend to take the full treatment. So far it has done wonders and I am highly pleased with it." Dreo is being specially introduced in Campbellton by Wran's Drug Store, and is sold by good drug stores everywhere.

Prevent fires. (Montreal Gazette). The habit is almost incurable in the human soul of never to lock the stable door until the horse has been stolen. This exceedingly depressing and unfortunate Terrebonne outbreak again teaches the lesson to all who care, to learn to "prevent fire" by taking precautions. Prevention is at all times better than cure.

Now delivers a Grafonola to your home at once

Come in to-day, select the Grafonola that harmonizes with your furniture, deposit only one dollar, and the balance will be arranged.

Then you can have fun, entertainment, and real happiness for all the years to come!

The Columbia Grafonola and Columbia Records bring to you all the latest, all the best, all the most popular music produced by the great musical artists of the stage.

Pay at your leisure

By taking advantage of this offer you don't have to pay the full price of the Grafonola all at once. You pay leisurely, a little each month, while you, your family and friends are enjoying musical happiness every day.

Come in now while selections are complete.

Look at these reduced prices!

When you consider these savings and think of what a Grafonola means in making your home happier, brighter, and more cheerful, you will surely want to take advantage of our liberal time-payment offer.

L-2	\$360	Type Reduced to	\$250
K-2	285	" "	200
H-2	230	" "	185
C-2	210	" "	165
F-2	175	" "	135
E-2	160	" "	115
D-2	110	" "	75
C-2	82.50	" "	60

The Columbia Grafonola has these exclusive features:

With no other instrument can you get these four wonderful patented features that make the Columbia Grafonola famous the world over.

- 1 Beautiful Columbia Streamline Cabinets—to harmonize with living-room furniture.
- 2 Special Columbia Reproducer—the heart of the instrument, which makes the music sound human.
- 3 Patented Tone Levers—to control the volume, soft or loud, to suit your desire.
- 4 Columbia Designed Tone Amplifier—giving the rich, mellow, pure Columbia tone.

If you cannot come in, mail the coupon

If unable to come to our sale today, fill in and forward coupon with \$1 will call.

LOUNSBURY CO., LTD.
CAMPBELLTON, N. B.

Please deliver Grafonola, model..... at the reduced price of on the terms you are now advertising.

Name
Address
City

Act at once Today

THE LOUNSBURY COMPANY, LIMITED
CAMPBELLTON, N. B.



Was \$210
Now \$165
You Save \$45

Was \$285
Now \$200
You Save \$85

ie Week

Mount Allison boys will again stick with the home squad. The Seville team is now out on tour. It is a name to uphold as the evening match gives promise of being one of the best exhibitions of hockey here this season.

FRED McLEAN NOT

TO PLAY HOCKEY
Reports that Fred McLean, Fredericton's policeman-athlete, will play with the new St. John semi-professional hockey team this season are unlikely to prove true.

While he has had many offers from the various "independent" hockey clubs in Cape Breton and elsewhere in Nova Scotia, and St. John has also been angling for his services, McLean has little idea of leaving his permanent position on the Fredericton police department and will remain here. His hockey activities will consist of acting as referee of some games and probably performing the duties of coach of the U. N. B. team, as last year, while he will also be coach of either the Marysville or the Fredericton team in the N. B. and P. E. I. League.

If Fredericton had an "independent" team McLean would certainly get back into active playing again and, as a matter of fact, he has been training for some time and is in good shape right now, better condition than when he was last playing.

MOUNT A. BEATEN AGAIN.
Sherbrooke, Que., Dec. 26.—Sherbrooke Independents defeated Mount Allison University, of Sackville, N. B., by a score of 2-0 in an exhibition game here this afternoon. The Mount A. line-up was the same as in the game here on Friday night last.

all our friends
ons a Happy
eporous New

UMPHREY
ELLTON, N. B.