## She's Now A Well And Happy Woman

### Was All Run Down, But Health Is Perfect Now—Praises Tanlac

"My wife has taken only two bottles of Tanlac, but already the change in her condition has been so remarkable that she is looking like an entirely different woman," said D. P. Harrington, a well known farmer living at Harwood, Salisbury, N. B., while telling of the experience of his wife Mrs. Catherine Jane Harrington with the medicine.

"For the past three years my wife had suffered from a bad case of rheumatism," he continued. "She had severe pains in her back and at times they caused her so much agony she was almost frantic. She was so miserable and restless at night that she did not know what it was to sleep well. And on mornings she often had such dizzy headaches that it was impossible for her to attend to her housework. She had little or no appetite and what she managed to eat seemed to do her more harm than good. Her nerves were in a wretched condition and her whole system was so run down that she was on the verge of a complete breakdown.

"A friend of ours advised us to try Tanlac and we will always be grateful to him for telling us about it, for it proved to be just the thing my wife needed. She began to pick up after the very first few does and today she is in better health than for years. The rheumatic pains in her back have all disappeared and she can bend over without the least trouble. Her appetite is now splendid and everything she eats agrees with her perfectly. She is no longer nervous and is never bothered with those dizzy headaches any more. She sleeps sound every night and is so much stronger that she says her housework is now easy. She is a well and happy woman and is always telling her friends what Tanlac did for her."

Tanlac is sold in Newcastle by E J. Morris and in Redbank by Wm. M Sullivan.

## Should Alfalfa be Grown Alone or in Mixture With Grasses

So far, alfalfa is generally grown alone. The difficulty to secure a good stand experienced in the past is quite an extent responsible for this practice, as it has become a sort of a hammered in rule to "give alfalfa every possible chance to establish itself." On this account it is generally deemed unwise to sow any grass with the alfalfa because it is considered that, in doing it, there may be a certain danger of the alfalfa not getting the best opportunity to gain a firm foothold. This view is undoubtedly correct in the majority of cases, especially where, on account of climatic and soil conditions, the starting of alfalfa may meet with some difficulties.

On the other hand, experience has shown that, in sections where alfalfa and Western Rye grass yield excellent crops providing that the mixtures are so balanced that the alfalfa and the Western Rye are given equal chances to establish themselves. In Eastern Canada several grasses have been tried in mixture with alfalfa, and the results so far obtained certainly seem to indicate that such mixtures may profitably be grown, providing that theright varieties of grasses are chosen.

When choosing the grasses to be used in mixture with alfalfa, it should be kept in mind, in the first place, that such grasses as are apt to choke out the alfalfa on account of their inclination to spread out must be avoided, and, secondly, that only those which are early are of any particular value. Timothy, for instance, which reaches full development comparatively slowly, is rather unsatisfctory in mixture with alfalfa. When the latter is ready to cut for hay, the timothy is hardly more than half ready, the consequence of course being that the full benefit of it is not being realized. To defer the cutting of the mixture until the timothy is at its best, can of course not be recommended for, by doing so, a poorer quality of hay will be secured as far as the alfolfa is concerned. It will also check the prompt development of the second crop.

The grasses which go best with alfalfa are those which are ready to be cut at the same time as the alfalfa There are three grasses of this type that deserve to be mentioned. viz:—Tall Oat Grass, Orchard Grass and meadow Fescue.

The Tall Oat Grass is comparatively susceptible to cold winters and should therefore not be used in districts where the winters are severe. Where it can be grown without losses on account of winter-killing, however, it goes excellently with alfalfa.

The Orchard Grass is especially well adapted to well drained soil and, on such land, it may to great advantage be used in mixture with alfalfa. Its nutritive qualities are excellent and, besides, it has the reputation of being one of the best weed checking grasses known.

The Meadow Fescue which is universally recognized as one of the most valuable grasses, especially for dairy cows, has the advantage over both Orchard and Tall Oat Grass in that it is hardier. It may therefore be used with alfalfa in districts where the former grasses may suffer from lack of winter hardiness. It also comes on quicker after cutting, contributes more to the bulk of the second hay crop, provides more pasture, in case the field should be used for that purpose, and yields better results on land which is somewhat wet on account of imperfect drainage. On the whole, the Meadow Fescue may be universally recommended in mixture with alfalfa.

## Spiritualism And Religious Unrest

(Continued from page 1)

and they are writing present day history—the advocates of "the down wardd grade" vastly exceed in number, the better class, who seek to use "the uplifting hand, and to bring together, in harmony, peace and common interest, with religious righteousness, the phases of mankinds activities. This perhaps is not to be wondered at. We may either take it locally, or view it outside, to be forced to admit that the evil, has the greater number of adherents. It is only one more proof of the truth of the Divine teaching, that the gate is wide, and the road broad, that leadeth to destruction, and many there be that go in thereat; and that the few only enter upon the narrow way, which leads to eternal life; a statement of fact, which points to Church goers, as well as to the miserable specimens of humanity, who neither go to Church openly, nor believe in God privately, and generally refuse to know God in any way. The man who attends his Church is at least found in the right company He should know for himself whether he renders heartfelt worship, or talks worship, while his heart is elsewhere, for the mere saying of "Lord Lord" is not rewarded with Heaven. It is praying, not merely saying, which is real worship, in any and every Christian Church, and yet there is not a church in existence, which has not had on its roll, mingling together, the real prayers, and the mere sayers; since the days of the first called Christians of Antioch It will be so, until the day of Final Separation Comes. When the Sons of God, go up to worship, Satan goes also, and yet strange as it may seem this very Satan in doing so, acts a deal more respectfully, than many so called Christians. He certainly, "believes and trembles," he knows, he knows, he is outside the pale; but your average non church goer, neither believers nor trembles, and by his example offers to God, both insult and contempt, and at the same time lowers himself, from the dignity of true manhood. God help the man, or woman, or child, whose actions claim, that they have no use for Church, and the God of the Church.

All the foregoing touches upon the question of religious unrest." Even within the churches, there is changing and tinkering. In christian family life, the twentieth century does not show the same true spirit and earnestness, displayed in the nineteenth, at least in its earlier years. There is no real spiritual evidence to show that the world is growing better. In many instances the Churches descended from the pinnacle of true religion and undefiled, to other things, customs, and organizations, in a so called effort to win the masses, and attract attention—conforming to the world as if that could win souls for Christ! Let the reader stop and think, and ransack his memory, and he too, can tell of things done by some of the Churches, in the name of Christ to raise funds, and so forth, which involved a partnership with his Satanic Majesty; the master of the unit in the workshop down stairs.

Some of the churches are preaching a new faith, too, or ignoring the faith and practices of by gone days. Men have gone "wool gaathering" to find some new idea to work out. The latest of these fads, is known by the name of "spiritual". So called men of Science and higher criticism have been caught by it. In some few instances, even the Churches have been invaded by it, and men classed as preachers of the gospel and ministers of Christ" have leaned a kindly ear toward it, if they are not out and, out victims of it. It is no proof of its truth, that a few professed real Christians have embraced its absurdities. Christianity and Spiritualism cannot be married, and if it be true that men or women, professing to be Christions, and followers of Christ, also believe in spiritualism, it is but a fulfilment of Divine revelation, that in these latter days false teachers would arise and deceive the very elect.

According to one of the ablest spiritualist teachers a Mr. Ravlin the very central truth of spiritualism is the power and possibility of spirit return to communicate with those in the material form. "According to Webster Spiritualism is "a belief in the communication of intelligence from the world of spirits, by means of physical phenomena, commonly manifested through a person of special susceptibility." A writer on practical Occultism "a Mr. Morse, shows that "the phenomenal aspect of this modern Spiritualism reproduces all the essential principles of the magic, witchcraft, and sorcery of the past. The same powers are involved, the same intelligences are operating."

This letter has already reached considerable length. I conclude, for the present, that the authorities quoted are just as reliable as Miss Stead, or Sir Oliver Lodge or any of the present day Spiritualists. One professes to have spirit communication with her father, the other tells of the same with his son. They both believe and advocate it, and give it a well worded garb of sanctity. I assert broadly, that there is no foundation whatever for their belief, in Holy Writ, and I am content with that assertion for the present. On the contrary, the Bible has much to say of condemnation, and denunciation of those who believe in it.

There, let it rest just now.

Yours truly,


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For Infants and Children
In Use For Over 30 Years
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There are three vital processes of human existence,—the digestion of food, the extraction of nourishment from it and the elimination of the waste.

Let anything interfere with these processes,—let them be interrupted or improperly carried on, and sickness of some kind follows.

Poor digestion and assimilation means failure to derive full nourishment from food and that in turn often means impoverished blood, weakness, anemia, etc. Poor elimination means an accumulation of waste matter which poisons the body, lowers vitality, decreases the power of resistance to disease and leads to the development of many serious ills.

Rheumatism,—due to some interference with the process of elimination, failure to get rid of certain body poisons,—cannot be expected to yield to any medicine that fails to correct the condition responsible for it. Could any reasonable person expect to rid himself of rheumatic pain as long as rheumatic poison is allowed to remain in the body.

Think of this. It explains the success of Nature's Remedy (NR Tablets) in so many cases where other medicines have failed. Thousands are using NR Tablets every day and getting relief. Why pay five or ten times as much for uncertain things? A 25c box of Nature's Remedy (NR Tablets), containing enough to last twenty-five days,—must help you, must give you prompt relief and satisfactory benefit or cost you nothing.

And Nature's Remedy is not only for the relief of rheumatism. It improves digestion, tones the liver, regulates kidney and bowel action, improves the blood and cleanses the whole system. You'll feel like a new person when you've taken NR Tablets a week. You've tried the expensive medicines and doctors, now make the real test. You'll get results this time. Nature's Remedy (NR Tablets) is sold, guaranteed and recommended by your druggist.

NR Tonight — Tomorrow Feel Right Get a 25c Box



## MAIL CONTRACT

SEALED TENDERS, addressed to the Postmaster General, will be received at Ottawa until noon, on Friday, the 16th April 1920 for the conveyance of His Majesty's Mails, on a proposed Contract for four years, 2 times per week on the route Red Bank and Wayerton, commencing at the pleasure of the Postmaster General.

Printed notices containing further information as to conditions of proposed Contract may be seen and blank forms of Tender may be obtained at the Post Offices of Red Bank and Wayerton and at the office of the Post Office Inspector: Post Office Inspector's Office, St. John, N. B.,

H. W. WOODS,
Post Office Inspector

March 5, 1920 10-3

## PUBLIC MEETING

TOWN HALL, CHATHAM, N.B.

Friday Evening, March 19th, 1920

AT 8 O'CLOCK

Pursuant to a resolution of the Council of the Town of Chatham, a meeting of the citizens of the towns of Newcastle and Chatham and of the Municipality of the County of Northumberland (men and women), will be held in the Town Hall, Chatham, N.B., Friday evening, March 19th inst. at 8 o'clock.

**The Object of the Meeting**

is to form an organization, representative of the whole people of the County, to institute and conduct

**A DRIVE FOR FUNDS**

TO PAY THE DEBT ON THE

**CHATHAM HOSPITAL**

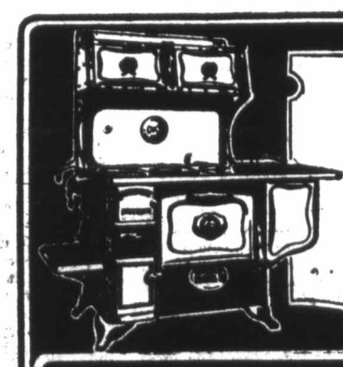
And to Further Equip It.

Every citizen of the County is respectfully invited to attend and assist in making the proposed drive a real success.

Dated at Chatham this 3rd day of March, 1920.

T. M. LAVNOR,
Mayor Town of Chatham.





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These are of exceptional quality and are well worth your consideration.

Call and see same before making your decision.

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"Pape's Diapepsin" neutralizes excessive acid in stomach, relieving dyspepsia, heartburn and distress at once.

Time it! In five minutes all stomach distress, due to acidity, will go. No indigestion, heartburn, sourness or belching of gas or eructations of undigested food, no dizziness, bloating, foul breath or headache.

Pape's Diapepsin is noted for its speed in regulating upset stomachs. It is the surest, quickest stomach sweetener in the whole world, and besides it is harmless. Put an end to stomach distress at once by getting a large fifty-cent case of Pape's Diapepsin from any drug store. You realize in five minutes how grateful it is to realize from indigestion, dyspepsia or any stomach disorder caused by fermentation due to [illegible]