

Spring Impurities Due to Poor Blood

Tonic Medicine a Necessity
at This Season

Dr. Williams' Pink Pills are an all-year-round tonic for the blood and nerves. But they are especially valuable in the spring when the system is loaded with impurities as a result of the indoor life of the winter months. There is no other season when the blood is so much in need of purifying and enriching, and every dose of these pills helps to enrich the blood. In the spring one feels weak and tired—Dr. Williams' Pink Pills give strength. In the spring the appetite is often poor—Dr. Williams' Pink Pills develop the appetite, tone the stomach and aid weak digestion. It is in the spring that poisons in the blood find an outlet in disfiguring pimples, eruptions and boils—Dr. Williams' Pink Pills clear the skin because they go to the root of the trouble in the blood. In the spring anaemia, rheumatism, indigestion, neuralgia and many other troubles are most persistent because of poor, weak blood, and it is at this time when all nature takes on new life that the blood most seriously needs attention. Some people dose themselves with purgatives, but these only further weaken themselves. A purgative merely gallops through the system, emptying the bowels but does not help the blood. On the other hand, Dr. Williams' Pink Pills enrich the blood which reaches every organ in the body, bringing new strength and vigor to weak, easily tired men, women and children. Try Dr. Williams' Pink Pills this spring—they will not disappoint you.

Fifty Thousand Seals Sighted

The Terra Nova, Capt. Abram Kean, which was reported up to the week-end to have rescued 17,000 seals appears to be the only ship of the local sealing fleet to have secured profitable catch. The Terra Nova has been badly knocked about in the ice. Scores of tons of drifting ice at one time poured over the little steamer's rails carrying away 50 feet of her bulwarks and in other ways damaging the craft. The vessel carries a small airplane, the aviator of which reported a patch of ice four miles by eight miles on which was a herd of seals computed to number 50,000.

P. E. I. Government Insurance Tax

Charlottetown April 1—Life insurance companies doing business in Prince Edward Island are in future to pay the Government 1 1/2% of their gross premiums according to an amendment of the tax act. The House unanimously passed resolutions to the effect that an address be sent to the Governor-General-in-Council asking that oleomargarine be not admitted into Canada.

TROUT BROOK NOTES

The roads of this vicinity are in poor condition owing to the recent snow storm.

Mr and Mrs. William Waye was calling on friends in Wayer-ton on April 1st.

Mr Hiram Waye and Warren McCombs was the guests of their uncle Mr Richie Allison Thursday last.

Misses Blanche Waye and Bue Myles went on a rabbit hunt on day last week on their return, they reported that the rabbits are all ready changing their color.

Mr Allen Allison was the guest of Mr Douglas Dunnet one evening last week.

Mrs Albert McCombs was calling on Mrs Howard Copp Wednesday last.

Mr and Mrs. Kiah Copp was calling on friends in Sevogle one day last week.

We are all glad that Miss Kate Ashton is recovering after her recent illness.

Mr Lawrence Mullin was the guest of Mr Thomas Ashton one evening last week.

Mr Douglas Dunnet was calling on Mr Frank Copp April 1st.

Mr Major McCombs has taken up his fox snares for this season he has reported to have made a very good catch.

Miss Lillian Allison was calling on her sister Mrs Percy Hosford one day last week.

Mr William Shaddock is busy engaged hauling wood for Mrs S. Hosford.

MOTHER OF TWIN BOYS

Tells How Lydia E. Pinkham's Vegetable Compound Relieved Her of Inflammation and Great Weakness

West St. John, N. B.—"I was in a general run-down condition following the birth of my twin boys. I had a great deal of inflammation, with pains and weakness. Finally my doctor recommended Lydia E. Pinkham's Vegetable Compound. He said that your medicine would be the only thing to build me up. I am sure he is right, for I am feeling much better and am gaining in weight, having gone down to ninety-three pounds. I was in bed for over a month, but am up again now. I have recommended the Vegetable Compound to my friends and give you permission to use my letter."—Mrs. ELMER A. RITCHIE, 82 Rodney St., West St. John, N. B.

There are many women who find their household duties almost unbearable owing to some weakness or derangement. The trouble may be slight, yet cause such annoying symptoms as dragging pains, weakness and a run-down feeling.

Lydia E. Pinkham's Vegetable Compound is a splendid medicine for such conditions. It has in many cases relieved those symptoms by removing the cause of them. Mrs. Ritchie's experience is but one of many.

You might be interested in reading Mrs. Pinkham's Private Text-Book upon the "Ailments of Women." You can get a copy free by writing the Lydia E. Pinkham Medicine Co., Coboconk, Ontario.

RICH IN VITAMINES



MAKE PERFECT BREAD

Here and There

For the first time in Ontario, an attempt will be made this spring to organize a voluntary egg pool. Arrangements for the undertaking have been completed by the United Farmers' Co-operative Company, and it is hoped to control absolutely the egg market in the province.

During the year 1923, 3,380 tourist automobiles entered the province of Nova Scotia, the Land of Evangeline, according to the annual report of the Nova Scotia Tourist Commission. Altogether 63,000 tourists visited the province and distributed a sum estimated at \$6,000,000.

A picked detachment of an officer and ten men of the Royal Canadian Mounted Police recently crossed the Atlantic on the Canadian Pacific liner Melita. Their duty will be to guard the Canadian exhibits at the British Empire Exhibition. The Exhibition and buildings cost about \$200,000,000.

A chain of factories stretching across Canada will be established by the Dominion Tar and Paper Company, sponsored by English interests. This was announced by the Earl of Bessborough, M.C., and Sir Harold Batten after a recent visit to Canada. Sites have already been secured in Montreal, Winnipeg, Vancouver and Toronto.

Canada's trade balance is being steadily maintained, for, according to the February report just issued, the imports for that month, which totalled \$21,777,822, showed a decrease of \$3,173,141, from the same month last year, while the exports for February of this year, totalling \$27,744,512, showed an increase of \$4,523,222.

Hon. George H. Henry, Ontario minister of public works and highways, has announced a change in the method of financing the planting of trees along public highways. Instead of sending out its own workmen, he says, the Government has a scheme whereby it allows private trees in front of their own property will be assessed so much per tree for planting.

Over \$1,000 has been paid by the Province of New Brunswick in wild cat bounties since the commencement of the present fiscal year. Already approximately 400 claims for the \$3 bounty offered for each animal have been handled by the chief game warden's branch of the Department of Lands and Forests, as compared with the 51 claims made in 1923, following the bounty offer passed by the legislature in that year.

The splendid success attained by irrigationists in Alberta is evidenced by the last financial statement of the Taber Irrigation District. The report reveals a total surplus collected on an amount of \$30,000, of which \$7,000 is on deposit in the bank. Operations have been so satisfactory that negotiations have been entered into with the Canadian Pacific Railway to set up a sinking fund of \$3,000 to \$5,000 to redeem bonds of the district held by the railway. In this way it is hoped that the district will be cleared of debt in a few years.

The Canadian Pacific Railway announces that it will resume its winter cruises in 1925, one round the world and the other to the Mediterranean. The 22,000-ton Empress of France has been selected for the former cruise, which will last four months and will completely encircle the globe. She will start from New York on January 27th. The ship has been recently converted into an oil-burner and entirely renovated. The Empress of Scotland, 42,500 tons, will make the Mediterranean cruise, lasting four months and including all points of interest on that sea.

The Trans-Canada Limited, the crack daily train of the Canadian Pacific between Montreal and Vancouver, and the longest distance and fastest long-distance express in the world, will resume service May 18th at both ends of the route. The running time between Montreal and Vancouver, formerly 92 hours, has been cut by two hours and the running time between Toronto and Vancouver, formerly 85 hours and 50 minutes, by one hour and 15 minutes. These cuts will benefit those going to Europe and the Orient.

PULP MILL CLOSED

The Fraser Co. Ltd pulp mill on the north side of the river has closed for a month to effect repairs and make changes in motive power.

There is a large stock of manufactured product on hand and the time is opportune for doing the work the company has in view.

INDIGNATION OF MONTREAL CHURCH UNIONISTS SHOWN

MONTREAL, Que., April 2.—Strong feeling has been aroused in Montreal, among Methodist, Presbyterians and Congregationalists in favor of Church Union, over the action of the Private Bills committee of the Ontario Legislature in amending the Church Union Act so that congregations of any of the three Churches concerned may vote themselves out of the Union, and at the same time retain their congregational property. It is contended that this amendment virtually destroys the bill and affects the whole country. Expression of this feeling, so far as the Methodists are concerned, was conveyed in a telegram sent today to the Rev. S. D. Chown, Toronto, General Supt., of the Methodist Church, by Rev. Principal James Smythe, Chairman for the Conventions Committee of the Church Union Committee for the Province of Quebec, while a despatch on similar lines was also sent to the Moderator of the Presbyterian General Assembly by Brig. Gen. J. G. Ross, who left tonight for Toronto to attend an emergency committee meeting.

WRIGLEYS After Every Meal

It's the longest-lasting
connection you can buy
—and it's a help to di-
gestion and a cleanser
for the mouth
and teeth.



Dempsey Signs For Million Contract

Jack Dempsey, heavyweight motion picture actor signed a \$1,000,000 contract calling for his appearance in ten films to be produced while he is waiting for some promoter to make him an "attractive offer"; for a fight somewhere on Labor Day.

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(which keeps the tobacco
in its original condition)
also in 1/2 lb. tins
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Choice Groceries

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| Todhunters pure Cocoa | 5 lb tin Shortening | 90c |
| 1 lb pkg. 20c | 10 lb tin Shortening | 1.80 |
| 4 lb tin Marmalade . 90c | 20 lb tin Shortening | 3.30 |
| 4 lb glass Marmalade 1.00 | 14 lb white Beans . 1.00 | |
| 1 lb glass Robertsons
pure Strawberries . 35c | 2 pkg. Corn Flekes . 25c | |
| 4 lb tin Robertsons pure
Strawberries . 1.10 | Bologna Sausage per lb 15c | |
| Western Scotch Golden
Syrup per tin . 35c | 2 cans Solvone Shredded
Soap . 27c | |
| 2 lb can choice Peaches 25c | 2 pkgs Lux . 25c | |
| 3 lb tin Shortening . 55c | Lorne Sausage Meat lb 25c | |
| | 6 lb good clean Onions 25c | |

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Boneless Cod and No. 1 Fat Herring

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| Constipation | Wind Colic |
| Flatulency | To Sweeten Stomach |
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Aids in the assimilation of Food, promoting Cheerfulness, Rest, and Natural Sleep without Opiates

To avoid imitations, always look for the signature of *Wm. C. Fletcher*.
Proven directions on each package. Physicians everywhere recommend it.

It always Bakes the Same



Sometimes your home-baking does not turn out quite so well as usual. A variation in the quality of the flour will cause trouble. Home bakers who use Quaker Flour always get the same good results. Quaker Flour does not vary. It is tested every hour during the milling process. It is always the same—it always bakes the same. Home-made bread is easy if made the Quaker way. Write for our tested recipes. They are free.

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