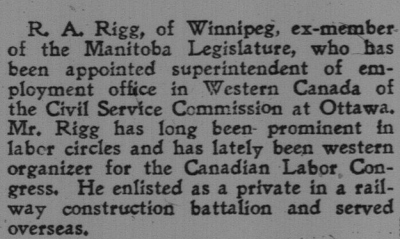


## DOCTOR'S SERVICES FREE OF CHARGE

Many "Liv-rite" Patrons Taking Advantage of Company's Offer — Iron and Vegetable Oils Make Tonic a Splendid Medicine.



R. A. Rigg, of Winnipeg, ex-member of the Manitoba Legislature, who has been appointed superintendent of employment office in Western Canada of the Civil Service Commission at Ottawa. Mr. Rigg has long been prominent in labor circles and has lately been western organizer for the Canadian Labor Congress. He enlisted as a private in a railway construction battalion and served overseas.

## SCHOOL PROGRESS IN MESOPOTAMIA

(Special correspondence of The Christian Science Monitor.)  
London, England.—Those who conquered Mesopotamia are now proceeding to educate it. At least it can be said that the authorities realize the importance of so doing since they have set aside, even in time of war, 10½ lakhs out of a total revenue of 200 lakhs for the purpose, and the cost of carrying on the government of the country even then involves a loss of 200 lakhs more. Education in Mesopotamia is a plan—it need hardly be said—of tender growth. Even the Committee of Work and Progress realized the need of doing something, since on paper they looked out quite a good scheme; indeed, they established the buildings, and started to train the teachers, but the results were quite contrary to intention if not to expectation. The medium of communication was Turkish—a fact almost sufficient to wreck even a better scheme; the teachers were very poor; and the system of attracting the scholars, or keeping them interested when once attracted, there was no compulsion, either then or now, proved to be hopelessly ineffective.

Major Bowman's Work.  
In August, 1917, Major Bowman, who is now on official business in London, came on the scene from the army; prior to that, he had been engaged in the work of the Egyptian civil service. He took on the problem of re-organization. He changed the language of instruction into Arabic, imported books in that language from Egypt, and supplied them together with all necessary material, but adhered to the system previously in vogue of a slight charge for tuition—about a rupee a month—with certain exceptions.

He naturally began with purely elementary instruction, but then, realizing that both physical and moral, and basing his code on the safe ground of the requirements of the country were for youths sound in every respect, and possessed, moreover, of a sense of discipline and self-restraint. He found

any woman's struggle for good health quickly rewarded. A simple home treatment now advocated that gives fine results.

When a woman's face grows haggard and pale, when she is tired all day and ready to cry when night comes, she ought to know something is wrong. Putting off only makes matters worse. The best advice we can give any sickly woman is to test out the following treatment:

At the close of every meal, with a sip of two of water, take two chocolate-coated Ferron's Tablets. This should be the best thing going for folks that are tired out, run-down and in need of a strengthening, building-up medicine. Ferron's action aids the three principal functions of the body—digestion, assimilation, elimination.

By strengthening digestion it forms an abundance of rich, red blood—this gives good color.

By perfecting assimilation, Ferron's supplies nutrition—this gives strength, vitality.

Elimination is assured because Ferron's quickens the action of the liver, kidneys and bowels—this guarantees the maintenance of vigorous health.

Ferron's put you on the right road—the one that leads to health.

Not a man, woman or child needing blood, vigor, endurance—not a person who is weak, nervous or sickly—not a person in ill-health who won't receive immediate help from Ferron's.

As a tonic and restorative, as a health-bringer and body-builder, Ferron's is unrivalled. It cures because it feeds and nourishes, because it contains the elements that build up and strengthen. Try it yourself—gold everywhere in 30 cent boxes, 6 boxes for \$2.50, or by mail from The Cataract Co., Kingston, Ont.

## If Thin And Nervous Try Citro-Phosphate

While excessive thinness might be attributed to various and subtle causes in different individuals, it is a well-known fact that the lack of phosphorus in the human system is very largely responsible for this condition. It seems to be well established that this deficiency in phosphorus may be met by the use of Citro-Phosphate, which can be obtained from any good druggist in convenient tablet form.

In many instances the assimilation of this phosphate by the nerve tissue soon produces a welcome change—nervous tension disappears, vigor and strength replace weakness and lack of energy, and the whole body loses its ugly hollows and abrupt angles, becoming enveloped in a glow of perfect health and beauty, and the will and strength to be up and doing.

CAUTION.—White Citro-Phosphate is unsurpassed for the relief of nervousness, general debility, etc., those taking it who do not desire to put on flesh should use extra care in avoiding fat-producing foods.

USE The Want Ad Way

## CABINET MINISTER SICK.

Hon. Dr. S. F. Telford, minister of agriculture in the dominion government, who is ill with diphtheria at his home in Victoria, B. C.

## AN ENEMY OF WOMANHOOD

The complexion, digestion and almost the complete personality of woman are dependent upon health. Woman's life is her great enemy, as they cause bad complexion, dark circles under the eyes, headache, biliousness, nervousness, sleeplessness, dragging-down pains and the blues, and often totally unfit her for a companion. The great American remedy for such conditions is Lydia E. Pinkham's Vegetable Compound, which has been restoring three generations of ailing women to health, and may be relied upon with perfect confidence.

## Peru's Offer to Immigrants.

Peru desires immigrants and is evidently as willing to help desirables as she is anxious to discourage the shiftless and mischief-making. The government is still working at the details of a statute for the promotion of immigration, but the regulations issued by the president and temporarily in force probably will give a good general idea of what the law will be like. The desirable immigrant is just now encouraged by the thought that for six days after coming ashore, he will be paid for his living and lodging expenses, and those of his family, and will provide transportation also to the selected place of residence. Furniture and articles of personal use, tools, and agricultural implements may come in with the family free of duty. But in order to come at all, the immigrant must be identified as the real owner of his offered passport, his good behavior in a past must be certified, as well as his intention of residing within Peruvian territory and of exercising some useful trade, industry, art or craft. Also he must explain why he and his family came, and leave his fingerprints with the authorities. For desirable immigrants Peru also undertakes to pay the cost of their passage, and his family, provided that his family does not exceed three members, and that his desirability is well proved before he starts.

## Willing to Oblige.

A woman who was troubled with chronic headache and who frequently cried out in her sleep "advised for room and board" with a family who would not object to screaming in the night. Among the answers she received was one which asked, "How often would you require us to scream?"

## Had to Go to Bed Headaches So Bad

Milburn's Laxa-Liver Pills Made Her Well

When your liver gets sluggish and inactive, your whole health suffers. Your bowels become constipated, your head aches, your tongue is coated, breath bad, specks float before the eyes, you are out of humor, and you feel generally unwell. Help the liver to resume its proper function by removing the bile that is circulating in the blood and poisoning the system.

Mrs. E. Bainbridge, 30 Maple Ave., Amherst, N. S., writes:—"I take pleasure in writing you of the good I received by using Milburn's Laxa-Liver Pills for headaches. I was so tired and had to go to bed, and could not sit up. A friend told me about your wonderful pills, and I was so glad to have made me as well as can be."

Milburn's Laxa-Liver Pills are small and easy to take, do not grip, weaken or irritate, and are so pleasant to take that you can take them without any fuss, and at the same time get prompt and effectiveness in loosening the phlegm, and healing the lungs, and bronchitis, and such that the cough is checked before any serious trouble can possibly develop.

Mrs. Harold Acker, Lake Pleasant, N. S., writes:—"I have three children, the eldest eight years and the baby ten months old. They all had a bad cough for coughs and colds. A home where there are children should never be without it. I highly recommend it to those who need a quick cure."

Price 25c. 50c. at all dealers. Manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

## A Never Failing Way to Banish Ugly Hairs

(Aids to Beauty.)

No woman is immune to superfluous growths, and because these are likely to appear at any time, it is advisable to always have some delicate powder handy to use when the occasion arises. A paste is made with some of the powder and water and spread upon the hairy surface; in about 2 minutes this is carefully removed and the skin washed. You will then find that your skin is entirely free from hair or fuzz. Be sure, however, to get real delatone.

## Dandruff Heads Become Hairless

If you want plenty of thick, beautiful, glossy, silky hair, do by all means get rid of dandruff, for it will starve your hair and ruin it if you don't.

It doesn't do much good to try to brush or wash it out. The only sure way to get rid of dandruff is to dissolve it then you destroy it entirely. To do this, get about four ounces of ordinary liquid arvon; apply it at night when retiring; use enough to moisten the scalp and rub it in gently with the finger tips. By morning, most, if not all of your dandruff will be gone, and three or four more applications will completely destroy the dandruff, and entirely destroy every single sign and trace of it.

You will find, too, that all itching and digging of the scalp will stop, and your hair will be silky, fluffy, lustrous, soft and look and feel a hundred times better. You can get liquid arvon at any drug store. It is inexpensive and four ounces is all you will need, no matter how much dandruff you have. This simple remedy never fails.

## DO YOU KNOW WHY?

That old sore or skin disease of yours breaks out again? It is because the remedies you have been using do not get to the root of the disease, but remain on the surface. Try Zer-Buk! It penetrates to the underlying tissues, destroys all germs and cures from the "root" up. Hence Zer-Buk cures are lasting. All dealers, 50c. box.

## Zer-Buk

## SHIPBUILDING

(Canadian Branch of Commerce Circular.)

The shortage of shipping and the natural corollary, high freight rates, will constitute a serious obstacle to foreign trade. It is desirable, therefore, that the Canadian interest in shipbuilding should continue, with a view to lessening our dependence on foreign tonnage. The tonnage under construction in the United Kingdom in October was 222,273 gross tons more than in the previous year, while the United States showed a decrease of 403,000 tons. Taking the merchant tonnage of all nations into account there are now under construction 2,216,778 tons in the United Kingdom, and 5,331,808 tons in other countries. There is a substantial falling off in the tonnage under construction in Canada, and new orders are becoming more difficult to get. There remains, however, a hope of greater permanent activity in this respect than existed before the war. Since January, 1917, ninety wooden vessels with a total capacity of 217,900 tons have been built in British Columbia, of which 94,000 tons were for the French government, 74,400 for the Imperial Maritime Board, and 49,500 for private owners. Almost all of these privately owned have been since sold to foreign governments.

New purchasers are now inclined to be more wary of committing themselves at the prevailing high prices, and are more exacting as to design. Many considerations which affect the ability of new yards to compete with those of longer standing.

At the close of the first ten months of this year the yards in Nova Scotia turned out 104 wooden vessels, of 27,800 gross tons, as compared with 92 vessels of 31,320 gross tons in 1918, and 66 vessels of 5,822 gross tons in 1917. The greatest activity occurred during the first half of the current year. The cost of new schooners at present is estimated to be \$170 to \$185 per net ton, which compares with \$175 to \$200 in pre-war days. As an example of the advance in ocean freight, the cost for lumber to the United Kingdom by liner or schooner is at present 80s. 6d. per standard (1,000 lbs.) as against 45s. 6d. in 1914.

Lack of facilities for rolling plates in Canada, and the necessity for importing steel plates, have retarded the construction of steel vessels. Already a measure of success has been attained in the overcoming of these obstacles. The construction of one ship-building enterprise contemplates an expenditure of \$7,000,000, and in addition to adequate facilities for repair work, the plant will have an annual capacity of six to eight steel ships, each of 8,000 tons dead-weight. At present the company has under construction two vessels of 8,100 tons, and two of 10,000 tons for the dominion government. On the St. Lawrence, the foundations of a potential steel shipbuilding industry have apparently been laid. One Montreal yard delivered during 1919 vessels with a dead-weight of 1,000 tons and two vessels of 8,100 tons, and has at present under construction six vessels of 8,350 tons each for delivery in 1920. At Three Rivers, a shipyard building wooden vessels has been adapted to steel construction. The yards at this point are engaged at present.

## Children's Coughs Quickly Cured

It is very hard to keep the children from taking cold. They will run out of doors not properly wrapped—play too long in the cold, and get their feet wet—kick the bed clothes off at night.

There is nothing so good for children's coughs, colds, croup, whooping cough or bronchitis as Dr. Wood's Norway Pine Syrup. It is so pleasant to take that it is without any fuss, and at the same time it is prompt and effectiveness in loosening the phlegm, and healing the lungs, and bronchitis, and such that the cough is checked before any serious trouble can possibly develop.

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## WILL STAND TRIAL IN OTHER TOWNS

Police Constable Frost, of Chatham, arrived in the city on Tuesday night last evening to take back to Chatham Carl Walls, who is wanted by the police of Chatham on the charge of breaking and entering. He was arrested by the local police on Tuesday night, and will be taken back to Chatham this morning.

New Glasgow on the charge of fraud, was arrested on Tuesday evening at McAdam and was handed over to the C. P. R. police of this city.

Chief of Police Joseph Francis, of New Glasgow, arrived in the city last night and will take Roy back to New Glasgow today where he will be tried.

## CHINA ABSORBS NEIGHBORS.

The Chinese are seeking to make Mongolia an outlet for their surplus population. Already they have taken over a considerable area of southern Mongolia, and by assiduous industry have converted parts of the prairie into rich farming lands. The few Chinese who live in those who will use it most efficiently.

Any one who compares the two races must admit that the Chinese are the vastly superior, writes Luther Anderson in Asia. They are the practical, clever, industrious sons of agriculture and of craft trade. The Mongols are the native, unsophisticated race. They are ignorant in their strength, as were the Indians. The Chinese have back of them forty centuries of cultural civilization, while the Mongols have only a tradition of military exploits. There are 350,000,000 Chinese and only 5,000,000 Mongols. The Mongols are set and unprogressive, while the Chinese are striving to adopt those sciences and inventions of the Western world which seem applicable to their needs. Twenty-four centuries ago the Chinese built the Great Wall to keep the Mongols out. Now they have pierced the Great Wall with a modern railroad and have sent a stream of Chinese scurrying over the prairies of Mongolia. And yet this Mongol nation once established the largest empire the world has ever seen. Even today their country is one of the largest in the world, with an area of some 1,367,000 square miles. It is nearly half the size of the United States and contains three-fourths the size of China proper. The mere mention of its boundaries suggests enormous distances. On the north and west it is bounded by Siberia, on the east by Manchuria and on the south by Chihli, Kansu and Chinese Turkestan.

Mongolia is a great plateau rimmed and partially ribbed with mountain ranges. The greater part of this vast domain is fertile prairie land, and with the exception of Gobi, the soil is rich and there is sufficient rainfall for cattle raising and agriculture.

## DO YOU EVER U E SLOAN'S?

Keep it handy to promote prompt relief from rheumatic pains and aches

When you know what Sloan's Liniment is, as a thousand men and women the world over know, you, too, will keep it handy. You will use it for those "twinges of rheumatism" that relieve taking lame back, muscle stiffness and soreness, aches, all sorts of external pains, and exposure after frosts.

Only takes a little, applied without rubbing. Soon penetrates, scattering the congestion, bringing merciful relief to the throbbing, jumping part.

Three sizes—50c., 70c., \$1.40. Any druggist has it. If not, we'd like to know his name. Made in Canada.

## Sloan's Liniment

Keep it handy

## Finest Thing Ever For Chronic Catarrh!

Gets Away From the Medicine Habit—Cures By Novel Method

With the many remedies you have tried you surely know that no liquid medicine can cure your throat or nose. Even a gargle only bathes the entrance of the throat—it can't really get inside, nor can it reach the inflamed bronchial tubes.

With Catarrhose, it's so different from medicine-taking—you simply breathe its healing vapor, inhale its balsamic fumes, which carry cure and relief to the minutest air cells in the lungs, nose, throat and bronchial tubes.

In this scientific way the soreness and inflammation is rapidly allayed, relaxed cords are toned up, the entire mucous membrane invigorated. Every trace of catarrh disappears, the disagreeable dropping of mucus in the throat, hawking, spitting, and stopped-up nostrils—all these sure signs of catarrh and bronchitis are permanently cured by Catarrhose. Large outfit lasts two months, costs \$1.00; small size 50 cents, trial size 25 cents, at dealers everywhere.

## TAFT AND THE TREATY.

Ex-President William H. Taft, who probably will be called upon to act as sort of unofficial mediator in the peace treaty situation at Washington by senators and other friends of the treaty measure.

## DEVELOPING THE SHIPBUILDING SCHEME IN CANADA

Ottawa, Jan. 7.—Shipbuilders of Canada had an interview today with the government strongly urging the development of the Canadian merchant marine. It is probable that to a limited degree the government shipbuilding programme will be continued and that afterwards a system of subsidies will be adopted. Contracts so far awarded provide for sixty ships. There is a strong probability that this will be increased to seventy and then assistance will take the form of bonuses. At the time of the armistice the price was \$159 per ton; it is now \$176. There is about \$15,000,000 left of the original appropriation of \$75,000,000.

## WILL BE TRIED UNDER TERMS OF ESPIONAGE LAW

New York, Jan. 7.—Eight officials and employees of the International Bible Students' Association, who were convicted under the espionage law in June, 1918, and later freed when the United States circuit court granted them a new trial, will be tried again. Leroy W. Ross, United States attorney announced today, April 7, has been set as the date for the new trial.

The defendants were charged with distributing literature tending to obstruct the operation of the selective service act.

## Similar to France.

Toronto, Jan. 7.—It was said on authoritative information today that the Ontario government has decided not to sell the Temiskaming and Northern Railway to the dominion government to form part of the Canadian National Railway system, but on the other hand, to develop in connection with this road a system of narrow gauge feeding lines, similar to those built by the Canadians at the front in France.

## TOMORROW'S THE BIG DAY

Take "Cascarets" Tonight for Liver and Bowels and Wake Up Clear, Rosy, Fit!—No Shake Up!

Feel grand tomorrow! Be efficient! Don't stay sick, bilious, headachy, constipated. Remove the liver and bowel poisons which is keeping your head dizzy, your tongue coated, your breath foul, your stomach sour. Why not get a small box of Cascarets and enjoy the nicest, gentlest laxative-cathartic you ever experienced? Cascarets never grip, sicken or inconvenience one like Salts, Oil, Calomel or harsh Pills. Cascarets cost so little. They work while you sleep.

## Old Age Deferred

BY DR. LEE H. SMITH.

Business men who must speed up the works and make business boom during these days—after the war—must recognize the necessity of keeping fit. When mind is befogged, when you have dull headaches or feel foggy, when not "up to snuff," keep the bowels free with a mild laxative. In the morning take a tepid sponge bath (cold water may be used if it does not chill), follow with a brisk rub down; a sufficient "setting up" exercise in good air until you are in a warm glow. Have you tried it lately?

Don't let the poisons accumulate in the intestines either, but try a dose of castor oil the first thing on arising, or a pleasant laxative occasionally, such as one made up of May-apple, alone and jalap, rolled into a tiny sugar-coated pill, and sold in every drug store as Dr. Pierce's Pleasant Pellets. Then a cup of hot water before breakfast, and you'll feel better than a king! If you continue in life thus, you can pass a Life Insurance examination at sixty.

If you wish to prevent old age coming on too soon, or if you want to increase your chances for a long life, you should drink plenty of soft (rain) or distilled water daily between meals. Then procure at the drug store Dr. Pierce's Anuric (anti-uric-acid). This "Anuric" drives the uric acid out and relieves backache and rheumatism, as well as kidney trouble. Anuric dissolves uric acid as hot tea dissolves sugar.

## DEPS FOR COUGHS, COLDS, SORE THROAT, LARYNGITIS, AND BRONCHITIS.

50¢ ALL DEALERS.

## OFFICERS OF UNION LODGE INSTALLED

Union Lodge of Portland, Ancient Free and Accepted Masons, held its annual installation of officers at the lodge rooms, Masonic building, Germain street, last night, when the following were ceremoniously installed in their respective offices: Horace A. Porter, worshipful master; A. Ernest Everett, L. P. M.; Olive Dickason, senior warden; Edward M. Slader, junior warden; Rev. R. A. Armstrong, chaplain; Wor. William R. Wallace, treasurer; Wor. J. Twining Hart, secretary; Harry L. Treat, senior deacon; Lloyd M. Farquhar, junior deacon; Reginald F. Wright, senior steward; Ralph H. Watts, junior steward; William R. Scott, director of ceremonies; Robert Clarke, tyler; Ralph R. Cummings, inner guard; D. Arnold Fox, organist. After the installation, refreshments were served in the temple by members of the order. There was a large attendance of members at the installation.

## IF KIDNEYS AND BLADDER BOTHER

Take a glass of Salts to flush out your kidneys and neutralize irritating acids

Kidney and bladder weakness result from uric acid, says a noted authority. The kidneys filter this acid from the blood and pass it on to the bladder, where it often remains to irritate and inflame, causing a burning, scalding sensation, or setting up an irritation at the neck of the bladder obliging you to seek relief two or three times during the night. The sufferer is in constant dread, the water passes sometimes with a scalding sensation and is very profuse; again, there is difficulty in voiding it.

Bladder weakness, most folks call it, because they can't control urination. While it is extremely annoying and sometimes very painful, this is really one of the most simple ailments to overcome. Get about four ounces of Jad Salts from your pharmacist and take a tablespoonful in a glass of water before breakfast, continue this for two or three days. This will neutralize the acids in the urine so it no longer is a source of irritation to the bladder and urinary organs which then act normally again.

Jad Salts is inexpensive, harmless, and is made from the acid of grapes and lemon juice, combined with bicarbonate of soda. It is used by thousands of folks who are subject to urinary disorders caused by uric acid irritation. Jad Salts is splendid for kidneys and causes no bad effects whatever.

Here you have a pleasant, effervescent lithia-water drink, which quickly relieves bladder trouble.

## FEEL GRAND TOMORROW!

Be efficient! Don't stay sick, bilious, headachy, constipated. Remove the liver and bowel poisons which is keeping your head dizzy, your tongue coated, your breath foul, your stomach sour. Why not get a small box of Cascarets and enjoy the nicest, gentlest laxative-cathartic you ever experienced? Cascarets never grip, sicken or inconvenience one like Salts, Oil, Calomel or harsh Pills. Cascarets cost so little. They work while you sleep.

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Don't let the poisons accumulate in the intestines either, but try a dose of castor oil the first thing on arising, or a pleasant laxative occasionally, such as one made up of May-apple, alone and jalap, rolled into a tiny sugar-coated pill, and sold in every drug store as Dr. Pierce's Pleasant Pellets. Then a cup of hot water before breakfast, and you'll feel better than a king! If you continue in life thus, you can pass a Life Insurance examination at sixty.

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