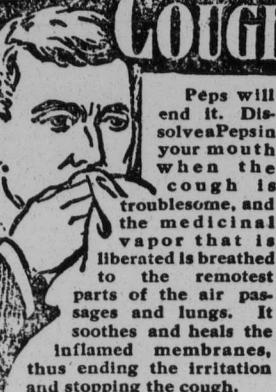


STOP that COUGH



Peps will end it. Dissolve Pepsin in your mouth when the cough is troublesome, and the medicinal vapor that is liberated is breathed to the remotest parts of the air passages and lungs. It soothes and heals the inflamed membranes, thus ending the irritation and stopping the cough.

Peps are equally good for bronchitis, sore throat and laryngitis. All dealers, 50c. box, or Peps Co., Toronto.

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"Pape's Diapiesin" 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 Diapiesin 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 Diapiesin from any drug store. You realize in five minutes how needless it is to suffer from indigestion, dyspepsia or any stomach disorder caused by fermentation due to excessive acids in stomach.

A Dyspepsia Cure

M.D. advises: "Persons who suffer from severe indigestion and constipation can cure themselves by taking fifteen to thirty drops of Extract of Roots after each meal and at bedtime. This remedy is known as Mother Selge's Carative Syrup in the drug trade." Get the genuine, 50c. and \$1.00 Bottles.

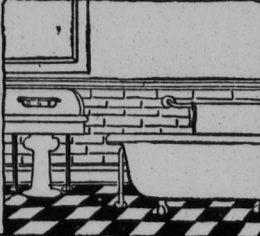
"You claim there are microbes in kisses?" she asked the young doctor. "There are," he said. "What disease do they bring?" she asked. "Palpitation of the heart."

Grand Rally of I.O.F. At Chatham

The Independent Order of Foresters held a Grand Rally and Concert at the Opera House, in Chatham, on Friday Eve. Nov. 7th, at 8 o'clock. The building was comfortably filled despite the fact that navigation on the river was entirely suspended, as a result of the freshet.

Newcastle, Loggieville and Nelson were well represented. Hundreds of others, anxious to attend, from Douglastown, Ferryville and Mill Bank were prevented from doing so, because of lack of facilities for crossing the river. The following gentlemen who occupied seats on the platform were: W. B. Snowball, Hon. Robert Murray, Mr. Joseph H. O'Brien, Dr. B. A. Marven, Mr. Geo. A. Mitchell of Toronto, Major W. J. Duncan, E. J. Todd of St. John. Dr. Marven Past High Physician of the Order, acted as chairman and introduced the various artists and speakers of the evening. Mr. Chubb McLoon, Chatham's well known and popular tenor was well received and heartily endorsed. Miss Hazel Vanstone, the talented elocutionist, held the audience to rapt attention, and was also endorsed. Mr. John Elder of Mill Bank delighted the house with several selections, all of which were enthusiastically received. Harvey Lloyd of Toronto, Supreme Entertainer of the Order convulsed the audience with comic songs and stories. The Miramichi has seldom, if ever, witnessed the equal of Bro Lloyd as a comedian. Again and again, the audience insisted on an encore and would not be denied. The musical programme, was ably attended to by Miss Cora McLoon of Chatham and Miss Ruby Haviland of Ferryville.

The principal speaker of the evening Bro G. A. Mitchell, Assistant Supreme Chief Ranger, in an eloquent address, gave the history of the Order from its small beginning in 1871, until today when it occupies its enviable position as the most powerful and wealthy institution of its kind in existence. He feelingly alluded to the benevolent work of the Order in caring for the children of deceased members at the Orphanage the Order maintains at Oakville, Ontario, as a result of which no child of a Forester ever lacks a home. He drew attention to the grand work accomplished at the two Sanatoriums maintained by the Order for the benefit of its members who become afflicted with tuberculosis and emphasized the vital necessity of checking this terrible disease in its incipient stages. He dealt on the imperative necessity of readjustment in rates effected by the I. O. F. in 1913. In order to put the Society on a sound actuarial basis, and pointed out, that despite the ravages of the "Flu" and the war, the Order emerged from the



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year 1918 in a stronger financial position, than at any previous time in its history. That it is today according to Superintendent of Insurance at Ottawa, 101 per cent sound. At the close of his address, Mr. Mitchell introduced to the audience, the Organizer for Northern New Brunswick Joseph H. O'Brien and besought for him, the cooperation of the members of the Order, their friends and the people of Chatham, and vicinity. The address was listened to with closest attention throughout, and loudly applauded at its close.

Mr. W. B. Snowball on being introduced, gave his heartiest endorsement to the grand work the Order is doing, in a fraternal, benevolent, charitable and social way in Canada, the United States, and Great Britain. With enthusiastic applause, he called the attention of his hearers to the fact, that the Independent Order of Foresters has recently invested half a million dollars in the Victory Loan, and pointed out, that if the cleverest financiers, who have charge of the funds of such a great order, consider the Victory Loan a safe, profitable, and patriotic investment, the average man, or woman should not hesitate to plunge to the limit of their ability on it. He urged his hearers to the practice of thrift, by affiliating themselves with the I. O. F., or some similar institution. He advised the young ladies to take advantage of the opportunities the order offered, but above all, to see to it, that the man of their choice afforded them some such protection, before they finally, and favorably, looked upon his suit. Regarding the Victory Loan he pointed out that Northumberland Co. was far behind its objective. He asked the co-operation of all, that it be made the splendid success it deserves, and

Civil Employees May Punch Clock

Ottawa, Nov. 13—An order in Council has been issued asking the Public Works Department to investigate and find out the cost of installing time clocks in all the departments of the Civil Service. In most of the Government Departments it has been the custom to check the attendance of employees by having them sign the attendance book, but it is understood that if the cost of installation is not too great, they will in the future have to "punch" the clock on starting and finishing work.

Man The Most Hardy

An interesting comparison of the tenacity of life among men and animals has been made by John B. Burnham of New York, who says:

"The total death casualties of the war have been estimated by Sec'y of War Baker as 9,000,000 men. The total population of the world is I believe, something over a billion and a quarter souls, so that the world lost something like 7 per cent. of its population. But reproduction was going on all the time, and the world has more people today than when the war began.

"Audubon once estimated that a single flock of passenger pigeons which he saw contained more birds than the total population of the world, yet only a few decades later there were no passenger pigeons. The race had been annihilated.

The comparison is interesting, for it illustrates the fact that the human being is the most hardy game animal of all. The greatest war of history not only failed to annihilate, but also failed to stop man's increase. Also it must be observed that while humanity is increasing, game is decreasing.

"The ratio between man and the game he hunts is constantly assuming a more unfavorable percentage as regards the game. And the war itself, paradoxical though it may be, has in many places and over large areas accentuated the disparity.

"Almost everywhere except in North America the food shortage has caused appalling inroads on the game supply. In England, the honorary secretary of the English Game Guild tells me it will take at least twenty years to get game back to anything like normal abundance. The great increase in vermin, with the gamekeepers off at the war, is partly responsible for this. In Russia many of the finest preserves have been ruined, and game nowhere exists in its former supply. In France the work of destruction. The Mexican bandits in their mountain retreats have converted magnificent game sections into unproductive wastes.

"Carl Akeley says that the war has taken a toll of from half to two-thirds of American game in the section where there has been fighting. Much of this game, he says, was wantonly slaughtered by the Boers for rifle practice. Aside from the northern portion of North America, the picture is one of nearly universal gloom, but here, I am glad to say, conditions are much brighter.

"Both Canada and the United States have wonderful food supplies, and what is more important still an exalted brand of wisdom with regard to their natural resources. In both nations the full meaning of the value of the conservation of wild life is at least recognized. This was never more clearly demonstrated than by the passage of the treaty for the protection of migratory birds which today unites the two countries in brotherly bond, and which was ratified by Canada during the darkest hours of the war.

"Neither country for a moment lost its good sense. In the face of the clamor for cheap food in the form of marketed game efficient protective laws were in no way relaxed. Both countries knew that if the demand were granted it would mean the annihilation of the game without any appreciable benefit, for the price of food would not have been lowered by any fraction of the medium of exchange.

"To-day both countries have more game than when the war began—game which is of far greater value from the standpoint of making, by the taking, men and soldiers self-reliant and healthy individuals than it can ever be for food alone."

called attention to the innumerable advantages that will accrue to the country as a whole, and the Miramichi, in particular, might the best prove a success. The meeting closed with the singing of the National Anthem.



No change has been made in the quality, the quantity, or the price of "Copenhagen"

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MARVEN'S WHITE LILY BISCUITS



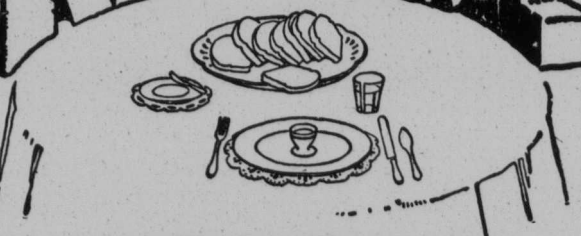
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You Need More Than A Laxative

To correct constipation, all organs of digestion and elimination should be helped. Try NR and see how much better you feel.

NR Today—Keeps the Doctor Away

To live and be healthy, your body mechanism must properly digest your food, extract all the nourishment from it and promptly throw off the waste that is left. This is accomplished by the processes of digestion, assimilation and elimination—the work of the stomach, liver, kidneys and bowels. The failure of any of the vital organs to do its work properly affects the action of all the others. A forced bowel movement does not help constipation; it only relieves for a few hours the condition that constipation brings about.

Now if you are used to taking so-called laxative pills, oil, purges and the like, you know mighty well you've got to be taking them all the time. Moreover, if you stick to any one laxative, you've got to be increasing the dose all the time. That can do you a lot of harm.

Stop dosing yourself with such things just long enough to give Nature's Remedy (NR Tablets) a trial, and let the results show the difference. NR Tablets are not mere bowel movers, their purpose is to correct the condition that

genuine, lasting benefit; to improve your digestion and assimilation, give you a good hearty appetite, regulate your liver and bowels, tone up kidney action and give your poison-clogged body a good cleansing out.

Nature's Remedy (NR Tablets) is not harsh; it is mild, easy, pleasant in action, no griping or pain ever follows its use; but it is thorough and sure. By its action on the digestive organs it promotes assimilation, which means extraction of full nourishment from your food, and thereby gives you new strength, energy, better blood, better appetite. By toning, not stirring your lazy liver, NR sends bile into the intestines, improving intestinal digestion. Lastly, by gently encouraging more vigorous bowel and kidney action, NR drives poisonous impurities out of and cleans up your body.

Try Nature's Remedy (NR Tablets) and just see how much better you feel in every way. Get a 25c box today and take one each night for a week. You'll say you never felt better in your life. NR is sold, guaranteed and recommended by your druggist.

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This is why "Beaver" Flour always gives good results—why it requires less shortening—why everything you make with it has a flavour that you cannot get with western spring wheat flour. Try "Beaver" Flour yourself for both Pastry and Bread—you'll find it equally good for either, and best for both. Remember, to insist on having "Beaver" Flour—the original blended wheat flour.

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