

# POOR DOCUMENT

# MC 2035

THE EVENING TIMES AND STAR, ST. JOHN, N. B., THURSDAY, MARCH 11, 1920

## When Appetite Fails And Health Declines Follow This Suggestion

REQUIRES ONLY A COUPLE OF  
SMALL TABLETS AFTER MEALS  
TO FIX YOU UP AGAIN.

**A New Blood-Food Called Ferrasone**  
Sure to Restore You Quickly.  
Every day comes the good news of  
wonderful cures with Ferrasone.  
In Peterboro' it worked marvels for  
Louis Meehan—put him right on his  
feet—made him entirely well.  
"About three years ago," says Mr.  
Meehan, "I had the Grippe which  
left me in a very run-down condition  
that finally developed into Dyspepsia.  
I was unable to eat but a few things and  
had a craving for acid. I gave up treat-  
ing with the doctors because they did not  
help me and on the advice of a friend  
used Ferrasone. It not only cured me of  
Dyspepsia and Biliousness, but has built  
up my strength to what it was before  
I had the Grippe. I can recommend  
Ferrasone as an ideal restorative."  
Ferrasone gives you force, energy and  
vim.  
It strengthens the stomach, cures in-  
digestion, prevents headaches—guar-  
antees good health.  
Thousands use Ferrasone—They all feel  
better; try it yourself—sold in 50c. boxes,  
six for \$2.50 at all dealers or direct from  
The Catarisone Co., Kingston, Ont.

## WESTERN FURS.

Regina, Sask., March 11.—Furs to the  
value of more than \$2,000,000 were  
bought in Saskatchewan during the sea-  
son ending June 30, 1919, and the amount  
received for the season ending June 30,  
1920, will be higher still owing to the  
great advance in the price of furs. Mus-  
krats trapped for the year 1919 showed a  
decrease of \$27,889 from that of 1918.  
Rev. W. D. Wilson and Rev. Thos.  
Marshall will go to Fredrickton today  
to hold a temperance rally.

## From a Child Was Constipated

According to the best medical authori-  
ties, fully three-fourths of the people  
of the civilized world suffer in some  
form from constiveness or irregular action  
of the bowels. There is no doubt that  
many distressing diseases are caused by  
constipation. It gives rise to sick and  
bilious headaches, it induces, heartburn,  
floating specks before the eyes, catarrh  
of the stomach, biliousness and the pain-  
ful, troublesome piles. Therefore, it is  
of supreme importance to health that the  
bowels be kept regular. Simple food,  
fruit, etc., should be used, and rich food  
and stimulants of all kinds avoided.  
This, with the use of Milburn's Laxa-  
tive Pills to regulate the bowels, will  
bring about a healthy action of the bowels  
and give permanent relief in the most  
obstinate cases.  
Mrs. Letitia Wainman, Orillia, Ont.,  
writes:—"From a child I was always  
very badly constipated, and I can well  
remember when quite young, my mother  
giving me the senna tea nearly every morn-  
ing, and I got to hate it. After taking  
Milburn's Laxa-Liver Pills for a while  
I am not troubled with constipation any  
more."

Milburn's Laxa-Liver Pills are 25c. a  
box, at all dealers or mailed direct on  
receipt of price by The T. Milburn Co.,  
Limited, Toronto, Ont.

## Hairs Quickly Vanish After This Treatment

(Helps to Beauty.)  
Science has aided in simplifying the  
banishing of hairy growth from the  
face, and according to a beauty special-  
ist, the most effective treatment yet de-  
vised consists of applying a delicate  
paste to the hairy surface for two or  
three minutes. The paste is made by  
mixing some water with a little pow-  
dered delatone. When this paste is re-  
moved and the skin washed every trace  
of hair has vanished. Be sure to get  
real delatone.

## LORD JELlicoe'S RECOMMENDATIONS ON CANADIAN NAVY

Four Programmes Entailing  
Annual Costs of From Five  
to Twenty-Five Millions—  
Favors Largest Programme  
—Cruisers, Destroyers,  
Submarines and Aircraft  
Included.

Ottawa, March 11.—Lord Jellicoe's  
recommendations for Canada's naval pol-  
icy were tabled yesterday in the House  
of Commons by Hon. C. C. Ballantyne,  
minister of marine. They embrace prac-  
tically the old Laurier policy extended  
to meet the situation. The establish-  
ment of a Canadian navy is recommend-  
ed, including a member who would be  
chief of the naval staff, a minister of  
naval affairs or service, a second naval  
member and a civil and finance mem-  
ber.

Four alternate building suggestions  
are submitted, as follows:  
First, \$25,000,000 fleet—Two battle  
cruisers, seven light cruisers, one flotilla  
leader, twelve destroyers, one destroyer  
parent ship, sixteen submarines, one sub-  
marine parent ship, two aircraft car-  
riers, four fleet mine sweepers, four local  
defence destroyers, eight "P" boats and  
four trawler mine sweepers.

Second, \$12,500,000 fleet—One battle  
cruiser, five light cruisers, one flotilla  
leader, six destroyers, one destroyer par-  
ent, one aircraft carrier, eight subma-  
rines, one submarine parent ship, two  
fleet mine-sweepers, four local defence  
destroyers, eight "P" boats, four trawler  
mine sweepers.

Third, \$10,000,000 fleet—Three light  
cruisers, one flotilla leader, eight sub-  
marines, one submarine parent ship, four  
local defence destroyers, eight "P" boats,  
four trawler mine sweepers.

Fourth, \$5,000,000 fleet—Eight sub-  
marines, four local defence destroyers,  
eight "P" boats, four trawler mine  
sweepers.

In each of the programmes allowance  
is made for the cost of administration,  
training ships, dockyards, local defence,  
fuel resources and storage, wireless and  
naval air squadrons consisting of twelve  
flying machines.

Lord Jellicoe thinks that the largest  
programme should be adopted, and if  
that were accepted immediately, Canada  
would have in eight years in addition to  
those ships another battle cruiser, two  
additional light cruisers, six more de-  
stroyers, eight more submarines, another  
aircraft carrier and two additional float-  
ing mine sweepers.

Summarized, the conclusions are that  
(A)—It is very desirable that there  
should be a minister for the navy re-  
sponsible only for that service.  
(B)—In this event, it is suggested  
that all other seafaring affairs should be  
conducted by another minister with per-  
haps the title of "the minister of marine  
and fisheries."  
(C)—It is proposed that a shipping  
committee comprising representatives of  
ship owners, fishery firms, the marine  
department and the naval staff, should  
meet periodically to consider questions  
of general development of marine re-  
sources. Their functions would be pure-  
ly advisory in peace, but in war they  
would take control of shipping, their  
chairman acting as shipping controller.  
(D)—A member or branch of the  
naval staff should be concerned with  
trade and fishery questions and the war  
training and the constructional work in-  
volved.

(E)—On the outbreak of war, in ad-  
dition to the shipping committee pos-  
session the same powers and functions  
as the ministry of shipping in England,  
during the late war, the naval staff's  
branch referred to in (D) should carry  
out the duties of the mercantile move-  
ments division.

In this way organizations already ex-  
isting would be in a position to take  
up their war-time duties without diffi-  
culty or loss of time.  
(F)—Arrangements concerning the  
strengthening of the hulls to take de-

## From prison cell to \$7500 a year

M— was a forger—clever  
hardened. He was "doing a  
stretch" for the third time. When  
in jail he accepted Christ.

He was watched over and car-  
ed for. On his release he  
was placed where his natural tal-  
ents could be honorably used. To-  
day he is drawing a salary of  
\$7,500 a year.

He owes everything that makes  
his life worth living to the mi-  
nisty of the Salvation Army.

## 308 Service Posts in this Territory. Use them!

## Washing Won't Rid Head Of Dandruff

The only sure way to get rid of dan-  
druff 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.

Do this tonight, and by morning,  
most if not all, of your dandruff will be  
gone, and three or four more applica-  
tions will completely dissolve and en-  
tirely destroy every single sign and  
trace of it, no matter how much dan-  
druff you may have.

You will find, too, that all itching and  
digging of the scalp will stop at once,  
and your hair will be fluffy, lustrous,  
glossy, silky and soft, and look and feel  
a hundred times better.

You can get liquid arvon at any drug  
store. It is inexpensive and never fails  
to do the work.

ensive armament in merchant ships and  
fishing vessels would be dealt with by  
this shipping committee, requisitions be-  
ing made to the director of naval ord-  
nance for the armament for which ap-  
proval was obtained.

(G)—It is desirable that a knowledge  
of naval warfare should form part of  
the qualifications of the merchant ser-  
vice officers for a certificate.

(H)—Designs of fishing craft should  
be encouraged along lines tending to  
efficient auxiliary vessels for naval use  
in war time, so far as is consistent with  
their ordinary work.

He advocated a policy of local admin-  
istration and control based on a plan of  
co-operation with the British govern-  
ment in building, operations, training  
and personnel.

## Getting Too Fat? Try This—Reduce

People who don't grow too fat are  
the fortunate exception. But if you find  
the fat accumulating or already cumbe-  
some, you will be wise to follow this  
suggestion, which is endorsed by thou-  
sands of people who know. Ask your  
druggist (or if you prefer write to the  
Marzola Co., 844 Woodward Ave., De-  
troit, Mich.) for a large case of Mar-  
zola Prescription Tablets. It is the  
price the world owes. By doing this you  
will be safe from harmful drugs and  
be able to reduce two, three or four  
pounds a week without dieting or exer-  
cise.

## SOCIAL SERVICE

### COUNCIL CLOSED.

The closing session of the Social Ser-  
vice Council of New Brunswick was  
held last evening in St. Andrew's church  
parlors. In the afternoon an address on  
mental deficiency and social diseases  
was given by Dr. C. M. Hincks. M. A.  
McLeod, editor of the Maritime Farmer,  
spoke on rural community problems. W.  
F. Burditt read a paper on housing prob-  
lems. Rev. W. D. Wilson spoke on moral  
quickening as the basis of democratic  
action and Rev. R. A. Robinson of Stan-

## FAT MAN WEIGHING 668

### TRAINS DOWN TO 440

Atlantic City, N. J., March 11.—Emory  
Tutman used to be fat. Once when he  
got into difficulty with the law there  
was no cell big enough to accommodate  
him. At that time he weighed 668. Now  
he carries 440 pounds. He attained his  
present proportion by means of a few  
months' work in a Turkish bath. He  
says he will be down to 400 by July 1.  
Physicians say that the loss of 228  
pounds since last fall has not affected  
Tutman's health.



## Why are WRIGLEY'S

flavors like the pyramids of Egypt?  
Because they are long-lasting.

And WRIGLEY'S is a beneficial  
as well as a long-lasting treat.

It helps appetite and digestion,  
keeps teeth clean and breath  
sweet, allays thirst.

CHEW IT AFTER EVERY MEAL!



MOST people are thoroughly converted to the  
advantages of Oleomargarine as a tasty  
spread for bread and every table use—a great  
assistance in cooking—and a wonderful money  
saver. Insist on

# Swift's "Premium" or "Gem Nut" Oleomargarine

and you are assured absolute satisfaction. They will  
give you a new idea of what the word "Delicious"  
means. Sweet, pure, clean—and wonderfully pleasant  
in taste.

Use either—you will like both

Your Butcher or Grocer  
has them or can easily  
get them for you.

Swift Canadian Co.  
Limited  
Toronto Winnipeg Edmonton



# The Last Call!

Father Time is count-  
ing the days. If you  
haven't yet taken ad-  
vantage of our great  
Mid-winter Sale, be  
sure to be in at the  
wind-up!

## A Customer Said Yesterday:

"A bargain is next thing to  
impossible to get today. These  
are the finest goods at the best  
prices I've seen in a year."

## AND THEY ARE:

However, everything must  
come to an end—hence, this  
final notice. We will be unable  
to hold prices to this level any  
longer. In most cases we are  
quoting a lower figure on the  
lines in stock than present  
wholesale quotations, so—

## It's Up to You--

The lines offered in this sale  
have all been purchased since  
Christmas. There isn't an ar-  
ticle offered that has been in the  
store over three months.

Clean fresh stock—Dry  
Goods, Furnishings, Boots and  
Shoes, at great reductions.  
Nothing like it will come this  
way again.

Three Day Left—  
Thursday, Friday  
Saturday

Three more great days of  
opportunity—Visit our store to-  
night, tomorrow or Saturday.  
See for yourself our offerings—  
and seeing our goods means  
buying.

**C.J. Bassen**  
"Better Values"  
**2 Sydney St.**  
Only One Store  
Cor. Union