

POOR COPY

THREE VITAL QUESTIONS  
Are you full of energy, vital force, and general good health? Do you know that good digestion is the foundation of good health? Pains and op-

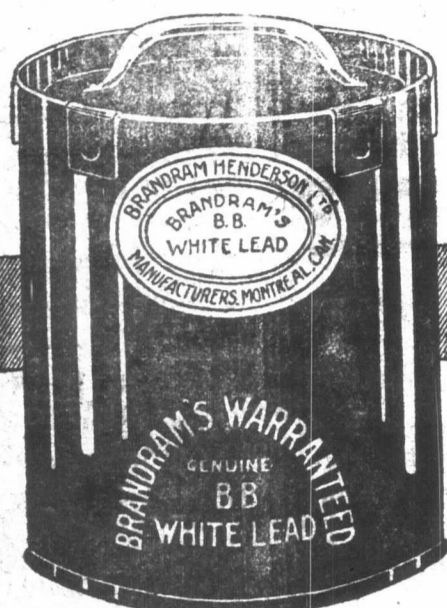
pression in stomach and chest after eating, constipation, headache, dizziness, are sure signs of indigestion. Mother Seigel's Syrup, the great herbal remedy and tonic, will cure you.

AFTER MEALS TAKE

MOTHER SEIGEL'S SYRUP

AND BANISH STOMACH TROUBLES

At all Drugists, or direct on receipt of price, 50c. and \$1.00. The large bottle contains three times as much as the smaller. A. J. WHITE & CO. LIMITED, Craig Street West, Montreal.



## The White Lead Behind a Paint Determines its Quality

ONLY a very real quality in a White Lead can give successful results in paint-mixing. A worthless compound masquerading as White Lead cannot impart to paint those essential qualities without which it never gives permanent satisfaction.

To avoid risk of failure in mixing your paint, make it a point to use only paint in which the White Lead used is

**Brandram's Genuine B.B. White Lead**

It is absolutely pure, whiter than others; of great covering capacity and long life. Working under the brush with ease and freedom, it produces a tough, elastic film that does not crack, or peel.

Its real cost is less than that of seemingly cheaper white leads—because it produces a beautiful protective paint that lasts for many years. White Paint of unknown ingredients never looks well and rarely lasts two years.

Sold by leading Hardware Merchants and General Stores

BRANDRAM-HENDERSON

# WRIGLEY'S

THE PERFECT GUM

Let us make you acquainted with the new, luscious flavour—



It's all that the name suggests!

Wrigley quality—made where chewing gum making is a science.

Now three flavours

Chew it after every meal



Get it wherever confections are sold

Sealed Tight—Kept Right!

MADE IN CANADA

The Flavour Lasts

JP 11

### COST OF NEWSPAPERS

Making a newspaper is a complicated business, and the list of ingredients in this commercial pudding may prove surprising to many. Rubber, drugs, carbonic acid, felt, cotton, glycerine, gum arabic, and metals of various sorts enter into the mess—all this outside the white paper, ink, the paste, and the wrappers. Some increases in the price of these ingredients may serve to convey an idea of the increased cost of newspaper production. The cost of white paper has increased. Postage has gone up 25 per cent., carbonic acid 700 per cent., gum arabic 80 per cent., ink 20 per cent., press felt 60 per cent., rubber 20 per cent., glycerine 100 per cent., metal 70 per cent., wrappers 51 per cent., while business show increases in all its producing material to match these increases in the making of a newspaper? We do not think so. In addition wages and office expenses have gone up proportionately. Wages have increased 31 per cent., while office expenses have increased 35 per cent. And the end is not yet apparently.—Ottawa Citizen.

First Labor Senator



HON. GIDEON ROBERTSON of Welland, Ontario, a telegrapher and union official, was nominated Senator of Canada by Sir Robert Borden, following excellent work in obviating labor troubles on the railways. He thus became the first representative of organized labor in the Red Chamber at Ottawa.

### NEW HEALTH IDEALS

A Good Body, A Good Mind and Good Moral Objectives

Much interest was aroused in an address given in Winnipeg by Dr. Stewart Fraser, chairman of the provincial board of health. There were three essentials to good citizenship, Dr. Fraser said, a good body, a good mind, and good moral ideals. Two out of the three requisites had been taken care of by the British people and one essential neglected. "The schools are provided to take care of the mental development, the moral ideals are taken care of by the ministers in the churches and Sunday schools, but there has been no one here to preach the gospel of a sound body," Mr. Fraser said.

Stress was laid on the importance of arousing public opinion to the fact that the body as the home of the intellect and the ideals must be groomed, developed and cared for in order to be a suitable vehicle. The body is the jewel case which holds the twin jewels of mind and ideals, and it must be suitable or else they can only be "jewels in the rough." Dr. Fraser outlined the system being followed by the provincial board in sending nurses to the homes and to the schools in order that the children may be reached and through them the mothers. Statistics were not available for Manitoba so far, as to death resulting from preventable diseases but their number was appalling. Dr. Fraser has no sympathy with the old theory "of ill to which the flesh is heir," but states firmly that practically all the ills are preventable and that the human body, were it not for man's improvidence, "would run until worn out."

### ON A CASH BASIS

Western People Are Urged to Discourage the Credit System

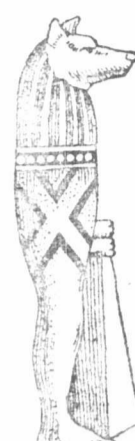
C. Vere Brown, speaking in Winnipeg, said that about 40 per cent. of farmers in Manitoba, Alberta and Saskatchewan were in a position to deal on a cash basis, but did not do so because they had formed the credit habit and because the average merchant did not require them, or make it worth their while, to pay cash. Out of 890 merchants in rural centres where the Bank of Commerce has branches, 703 allow no cash discount. Mr. Brown declared. The request of rural merchants to give discounts for cash was one of the main reasons for the success of the mail order business, he asserted. The banks were now attempting to give the service to the agricultural population, and greater co-operation was urged.

### Canada's Opportunity

Canada is geographically situated between Europe and the Pacific Ocean, and is a natural outlet for surplus foodstuffs from the open sea.

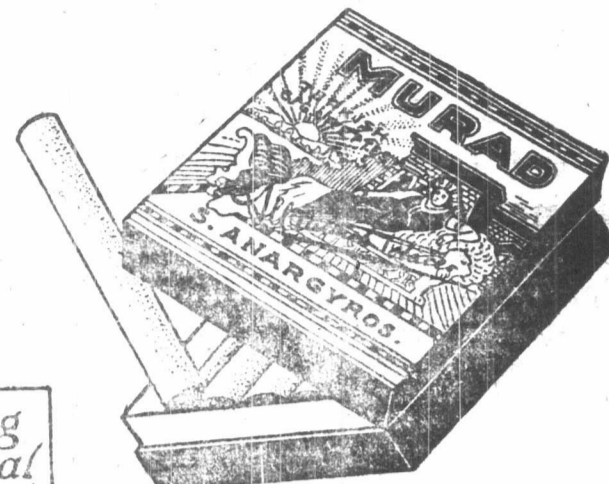
Rust will disappear from the soil, and the land will be a great deal more fertile with fresh blood.

# MURAD CIGARETTES



The blending is exceptional

Shargyros

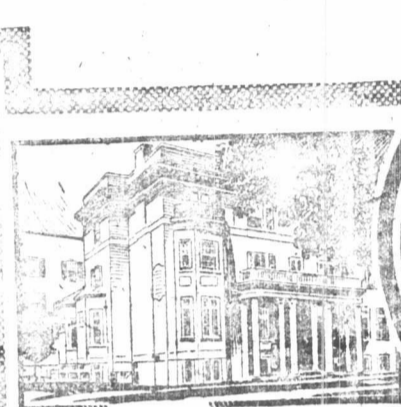


FIFTEEN CENTS



Everywhere Why?

Finest Quality



W. C. T. U. BUILDING, TORONTO.



HAVELOCK COURT APARTMENTS, TORONTO.

## If You Build Well, Paint Well.

YOU have got to paint your home, in order to insure it against the weather. Paint resists the destructive action of sun, wind, rain and snow. Of course the better you paint, the longer you are protected.

## MARTIN-SENOUR "100% PURE" PAINT

(Made in Canada)

is the greatest known protector of wood against weather because it is guaranteed to be made only of pure White Lead, pure Zinc Oxide and Pure Linseed Oil.

You insure your home against fire—perhaps against lightning and burglary. Insure it against wear and weather by painting it with "100% Pure" Paint—the cheapest because it covers more surface per gallon and lasts years longer.

If you are painting this spring, call or write for a copy of "Town and Country Homes" and "Harmony in Neu-Tone"—our books on home decorating. Free—of course.

J. L. WHITE, GRAND FALLS.  
H. N. BOYER, HARTLAND.

## PURITY FLOUR

Milled especially for particular cooks—those who want

THE BREAD AND OTHER BREAD



LODGE MIDDLEMORE HOME

Part of children expected. Ages 3 to 14 years. Persons desirous of obtaining same will kindly apply at once.

Address all communications to MIDDLEMORE HOME, Fairview Station, Halifax, N.S.

Progressive—ADVERTISE

### A New Shoe Idea for summer outdoor work



For Farmers, Woodmen, Millmen, Truck men, Laborers—all who work outdoors. Palmer's "Moose Head" Brand Summer Packs. Made of our famous Oil-Tanned Show horse waterproof leather, they have waterproof sole-leather outsoles and solid insoles. The shoes are attached by an improved clincher fastener process. They are staunch, light weight working shoes for spring, summer and fall. Your dealer will likely have them; if not, write us, giving his name and address.

John Palmer Company, Limited, Fredericton, N.B., Canada

## Ontario Horses

There are left still a number of the Ontario horses advertised for sale last week. Among these are fine matched pairs and some purebred Clydes with real. The horses may be seen at the Exchange Hotel stables. Intending purchaser may consult Dr. Macintosh (either phone) or John Vance, Exchange Hotel (N. B. phone).