

**RICH IN VITAMINES**

**ROYAL YEAST CAKES**

**MAKE PERFECT BREAD**

**Children who take**

**SCOTT'S EMULSION**

**scoldom have weak bones**

**Cause of Early Old Age**

The celebrated Dr. Michener, an authority on early old age, says that it is "caused by poisons generated in the intestine."

When your stomach digests food properly it is absorbed without forming poisonous matter. Poisons bring on early old age and premature death. 15 to 30 drops of "Seigel's Syrup" after meals makes your digestion sound.

**time tested baby food**

**FREE BABY BOOKS**

Write to The Borden Co. Limited, Montreal, Quebec, for two Baby Welfare Books.

**"FEEL IT HEAL"**

**Mentholatum**

**COLDS - BURNS - BRUISES**

**ENTERPRISE PIPELESS FURNACE**

**ALL-CAST for length of life.**

**ALL-CAST for heat and fuel economy.**

**ALL-CAST joints, cupped and flanged for lasting tightness.**

**ALL-CAST for extra weight and double strength.**

**ALL-CAST for cleanliness and health.**

**ALL-CAST for ease of regulation.**

Made by **ENTERPRISE FOUNDRY CO. LIMITED** SACKVILLE, N.B.

**ENTERPRISE PIPELESS FURNACE**

**"The Least Noise or Excitement Made Me Tremble," says Mrs. Beaulieu**

Never before in the world's history have there been so many cases of nervous collapse, with "jumpy" nerves, accompanied by fits of depression, as since the Great War. This condition applies not only to men and women but to children. These run-down conditions affect every part of the human system, bringing indigestion, headaches, weakness, insomnia, and finally, if not checked, the most insidious and dreaded disease, consumption. To protect the system there is only one thing to do, and that is to build up the body with Carniol.

Mrs. Beaulieu says: "I don't know how to express my gratitude to you for all that Carniol has done for me. I was terribly depressed. The slightest noise or excitement made me tremble. My nerves failed. I consulted my doctor and he told me that I was completely run down and I needed a tonic. The best tonic for my case, said he, 'is Carniol.' I took Carniol for a month and I feel so well today that it is hard to realize that six weeks ago I was in such poor health."—Mrs. F. Beaulieu.

Carniol is sold by all good druggists everywhere.

## Of Interest to Women

### Simple Things You May Do To Give Your Hands Beauty

Nowadays when women have become more capable and less ornamental. They are likely to pay the price of their increased freedom by losing some of the clinging-vine beauty of other days, that is, unless they take extra precautions.

We know that fifty years ago the mid-Victorian novelists hoisted of the lily-white hands and tapering fingers of their heroines. We also know that modern heroines use their hands to accomplish so many other things besides sewing fine seams, that they must take extra precautions to keep them beautiful. For no matter how proud a woman may be of her work, she never likes to have her hands look as if she used them very much! So much feminine vanity, which after all is a very charming quality.

It is very true that the hands require special care if they are always to appear in the pink of perfection. This is true no matter what the work the hands in question do, but it is especially true if their task is housework.

If you have as your daily task the usual jobs that must be done about the house—dishes, cleaning and dusting—there is one thing you must practice always, and this is the wearing of gloves.

When you sweep, put on thick gloves to protect your hands. It doesn't matter how many sizes too big they are. In fact they should be several sizes larger than gloves you'd wear on the street, for you need plenty of freedom of movement.

It's a very good plan to find some discarded thick kid gloves of a male member of the family, for they are likely to be soft and heavy. For dusting and light housework, light weight chamois gloves are preferable to kid. And you should never fail to wear rubber gloves when doing the dishes. For hot, greasy water is devastating to beauty of hands.

While this may sound rather troublesome, having three separate pairs of gloves, for different household activities, it really is little or no trouble at all, and it means everything to the beauty of your hands. Simply keep your gloves handy and slip on the pair needed for the activity at hand. Then when you want to do some delicate work on a fine seam you will have dainty, attractive hands of which you can well be proud.

Now I'm going to tell you an excellent method of preserving and enhancing the beauty of your hands at the same time that you clean house.

When you are ready to don your heavy sweeping gloves or your lighter-weight dusting gloves, rub a little grease cream into the palms of your hands, also touching the cuticle of each nail lightly with the grease cream.

Then draw your finger-nails down a cake of good soap, as if you were scrubbing it. This will fill your nails with the soap, which is cleansing and beautifying if it stays in long enough. You can now pull on your gloves and go merrily about your housework.

When it is finished remove your gloves and wash your hands in water with a good soap. Scrub your nails with a camel's hair nail brush. When the soap suds have been between the tip of your finger and nail is removed, you'll find your nails whiter than they were before.

Oatmeal, made into a paste by adding water, is an excellent cleanser. If your hands are very dry and inclined to chapping, clean them with a grease cream before you use the oatmeal cleanser.

If you follow these instructions faithfully you can have beautiful, dainty hands, though you do your own housework.

### How Talcum Powder is Made

Of all the millions of people who use talcum powder, there are very few, indeed, who know just what talc is and how talcum powder is made. But talc has other uses besides facial toilet. For example, more talc, according to the scientific American is used in filling the pores of print paper. Talc is also used for a filler for paint. Its discovery for that use was hardly accidental, yet it was not originally added with the intention of improving the paint, but for adulterating it. Later on, strange to say, paint chemists found it improved the paint for some purposes. Guilty consciences had been aching in vain, but now ached because a higher price had not been charged for the improved paint.

Talc is not at all rare. It occurs in many places, and the chief item that goes to make up the sales of the paper industry that talc from other regions cannot compete.

Found in its natural state it is a rock. Its chief physical characteristic is its soapy feeling, like graphite. The mineralogist calls it steatite, and it is a hydrous magnesium silicate. About 65 per cent of the world's talc is produced in the United States, the largest supply being in Vermont, which is so close to the centers of the paper industry that talc from other regions cannot compete.

The best grade of talc is used for talcum powder, which must be white—except in the case of talcum for men, which has a flesh color. There is nothing in talcum powder that is directly harmful. If earth is comminuted rock, and if talc is a kind of rock, then talcum is only a kind of clean earth, to which boric acid is usually added to give soothing effect. It is interesting to note how many kinds of rock, when broken up and crushed to the finest kind of powder, have the general semblance of talcum powder, although not the actual characteristics which are necessary.

Not more than a generation ago, when the use of talcum powders became very general, it was said that the skins of the growing generation would be ruined by its use. Yet the evidences of the eye say otherwise. The processes the natural product go through before it is passed over the drugist's counter insure that it is the cleanest of all dirt.

**FISH CUTLETS**

Take two cupfuls of flaked, cold boiled fish and add a small cupful of fine crumbs, a grated onion, pepper, salt, a tablespoonful of curry powder, a lump of soft butter, the stiffly beaten white of an egg, and a tablespoonful of chopped celery leaves and parsley. Add also a teaspoonful of cream. Mix these together well. Shape the mixture into cutlets a half inch thick, dip them into beaten egg, dust with fine crumbs and fry them carefully in hot fat. When done drain the cutlets and serve on hot dishes garnished with lemon quarters dipped in chopped parsley. Make the tartar sauce of heavy mayonnaise with a tablespoonful of chopped capers, a tablespoonful of chopped gherkins, and a few drops of onion juice.

meal cleanser.

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### AMONG HIS FLOWERS



First among Rockefeller's diversions is golf. Next is flowers and plant life. He spends many of his spare moments in the greenhouses on his various estates. Here is an excellent picture of him in his greenhouse at "The Chaseman." His winter home at Ormond Beach, Fla.

## PECULIAR STORY FROM NEWCASTLE

### Prisoner in Jail is Implicated in Recent Break at Miramichi Town

Newcastle, April 2.—Was a prisoner in the County Jail, awaiting transportation to Dorchester, responsible for the bold robbery of the Stohart store here about a week ago? Such is the question troubling the Newcastle police and goes to the heart of the case. On Sunday night, March 23rd the store of Stohart Mercantile Company was robbed. A brick had been hurled through the glass in the door and the thieves had gained admission by turning the latch on the inside. A large quantity of goods was stolen, including a violin, knives, razors, etc. On Tuesday last Abraham Doiron, (better known as Abe O'Brien) was taken to Dorchester Penitentiary by Deputy Sheriff Doran to serve a term of two years for robbery of the Lounsbury Garage last fall.

In cleaning up Doiron's cell, on his return, the deputy was surprised to find articles from the store of Stohart concealed in the cell, while closer examination revealed one of the bars in the cell had been saved off. Acting upon this information, Deputy Sheriff Doran proceeded to Dorchester and interviewed Doiron, with a result that Thomas Gallib, aged sixteen, was arrested as being an accomplice. Allan was associated with Doiron in the Lounsbury break, and was allowed to go on suspended sentence.

Doiron is about sixteen. It is expected that there will be some startling revelation when the case comes up for hearing.

### W. C. T. U.

Courtesy of Union Signal.

On Sunday morning, August 5th, 1923, Deborah Knox Livingston, brilliant W. C. T. U. leader, silver-tongued orator and comrade beloved, fell asleep to awaken in "the kingdom of the blessed."

In the city of Glasgow, Scotland, about forty years ago, a bonnie lassie of six years joined a Band of Hope, and with the whole-heartedness that was always to characterize her, began to "sing songs" and "speak pieces," extolling temperance and sobriety. At the age of ten, with her narrow, she crossed the Atlantic to make her home in America. In the heyday of her youth, at eighteen, she joined the Women's Christian Temperance Union. It was indeed a happy day for our organization when such a rare spirit became a member! The next year, at nineteen, she accepted the position of president of her local Union, and glorified the office by throwing into it all the enthusiasm of her young womanhood. Those who recall her at the first national convention she attended, say her radiant personality and her talent as a speaker won for her the hearts of White Ribboners of Frances Willard. A little later she was elected president of the First District W. C. T. U. of Rhode Island. At the age of twenty-two she was married to one to whom she always referred as "the best man in the world," Rev. R. P. Livingston, a minister of the Baptist denomination, now the general secretary of the New England Evangelistic Association. During their residence in Boston, for nearly three years, Mrs. Livingston was the very active secretary of the famous Boston W. C. T. U. Upon the removal of the family to Rhode Island, this ever alert young woman found time, in addition to her duties as a mother and a busy pastor's wife, to mount still higher—the W. C. T. U. ladder and accept the presidency of the Rhode Island W. C. T. U., where her tireless zeal and marked ability for leadership in organization and legislation were so apparent as to make them worthy of a chapter by themselves.

Doiron is the National W. C. T. U. called her to the superintendency of the Department of Franchise. Those were history-making days, and Deborah Livingston's messages were heard over the United States. A gracious attractive young matron, womanly but fearless, she pleaded from platform and in legislative hall, on street corners and in parlors,

meetings, that her sex be given the full privileges of the ballot and prejudice and hardened was the audience unconvinced by her sweet reasonableness and clear incisive logic. She played no small part in creating the sentiment that wrote into the Federal Constitution the Nineteenth Amendment just as she had a large share in carrying to vic-

## Women you envy have only this secret

### You, too, may enjoy it so keep the radiant and bloom of youthful skin

Radiant with the charm of youth still thick, millions of clever women are admired—and envied—today.

Yet they have no difficult, hidden secret—no great gift.

Only this simple method—which is for you, too. To give you, as well, the charm you envy in them.

For one week do this

Cleanse the skin regularly, as

**PALMOLIVE**

**MADE IN CANADA**

Volume and efficiency makes 25c quality for 10c



## A Delightful Easter Breakfast

Easter morning! Herald of Spring-time; sounding the call of Nature's reawakening to life and vigor. No wonder Easter is a glorious festive season, impatiently awaited: no wonder mankind seeks adequate expression—in new apparel—new colors—

—and—in thousands of homes by a special breakfast of Premium Bacon or Ham. But be sure it is "Premium," for, as Easter is an outstanding day, it is but appropriate that you should mark it by that which is outstanding in quality and goodness.

## Swift's Premium Hams and Bacon

Look for this blue identification tag when you buy a whole ham or when you buy a slice

Be careful to get Swift's "Premium" when you buy Bacon or Ham—made sure of it this coming Easter Morning. Order from your Butcher or Grocer.

**Swift Canadian Co.**



## Women you envy have only this secret

The simple, correct way

You cannot find a more effective beauty treatment. Because Palmolive Soap is blended of rare palm and olive oils—famous for mild but thorough cleansing qualities since the days of Cleopatra. And it is inexpensive, so that thousands now use Palmolive for the bath.

Make sure that you get Palmolive—which is never sold unwrapped. All dealers have it. Get it, and try for one week this simplest of all treatments. See how delightfully and how quickly it benefits your skin.

**THE PALMOLIVE COMPANY OF CANADA, LIMITED**

Wholesale: Toronto Montreal

Retail and other stores—ask for Palmolive Soap

**MADE IN CANADA**

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**Swift Canadian Co.**

**Fresh from the Oven TO THE CONSUMER!**

**Marven's WHITE LILY BISCUITS**

A new line of high grade English style biscuits, original in design; made of purest materials by the same formula and methods as used by Old Country experts; baked in the most modern English oven—equal to the best imported goods, and sold at half the price.

The new lines include Sea Food, Lily Cluster, Cottage Cheese, Marven Creams, Hydrex, Malt and Pudding Flavors.

Buy Marven's White Lily Biscuits fresh from the oven to help to keep the wheels of industry rolling in the Maritime.

**They Satisfy!**

**J.A. MARVEN Ltd.**

**BISCUIT MANUFACTURERS**

**MORCION • ST JOHN • HALIFAX • MONCTON**

**The B...**

**is reward in North...**

**Cure...**

**Merchants equipped counts they de this Han looked a...**

**THE PR...**

**Campb...**

**LOCAL**

**Newsy Happening**

**AUTO CRO...**

Mr. Ed. Olmstead Tuesday morning was undergoing repairs to the winter. The shops.

**SALE**

The ladies guild will hold their annual and fancy evening, Wednesday, April 4th, from 6 to 7 P. M.

**SMALL FOX**

The Department of Agriculture has discovered a small fox in the town of Bathurst, N. B. The fox was taken, all contents and quarantine are being observed.

**COMPANY**

Letters patent is being applied for by J. A. Bathurst, William Campbell, and J. A. Bathurst, for a new method of producing a deep blue color in paper.

**THE SALVAGE**

The young people have arranged to give a "Five Dollars" party on Sunday evening, April 7th, at the home of Mrs. J. A. Bathurst.

**It Pa...**

**Best Quality Strictly Fresh Canadian Ham**

**25 B Cotton**

**24 B Cotton**

**1 B Blocks**

**2 B Fall**

**2 B Fall**

**C.O.D.**

**CAMPB...**