POOR COPY

AUTOINTOXICATION OR SELF-POISONING

The Dangerous Condition Which Produces Many Well Known Diseases.

HOW TO GUARD AGAINST THIS TROUBLE

"FRUIT-A-TIVES" — The Wonderful Fruit Medicine — will Protect You

Autointoxication means self-poisoning, caused by continuous or partial constipation, or insufficient action of the bowels.

Instead of the refuse matter passing daily from the body, it is absorbed into the blood. As a result, *the Kidneys and Skin are overworked*, in their efforts to rid the blood of this poisoning.

Poisoning of the blood in this way often causes Indigestion, Loss of Appetite and Disturbed Stomach. It may produce Headaches and Sleeplessness. It may *irritate the Kidneys* and bring on Pain in the Back, Rheumatism, Gout, and Rheumatic Pains. It is the chief cause of Eczema — and *keeps the whole system unhealthy* by the constant absorption into the blood of this refuse matter.

"Fruit-a-tives" will always cure chronic intoxication or self-poisoning.

"Fruit-a-tives" acts gently on bowels, kidneys and skin, strengthens the bowels and tones up the nervous system.

50c. a box, 6 for $2.50, trial size, 25c. At all dealers or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

K. of P. Lodge Elects Officers

At the session of Brighton Lodge, No. 31, K. of P., held on Tuesday evening, Dec. 5, the following officers were elected for the term beginning Jan. 1, 1917:

A. A. Moore, C. C.
V. F. Noddin, V. C.
M. L. Hayward, Prelate.
G. P. Henderson, M. W.
A. D. Colwell, K. of R. & S.
W. M. Noddin, M. F.
F. J. Shaw, M. E.
Harry A. Large, M. A.
Fred Hayward, I. G.
D. W. Shaw, O. G.

PROHIBITION SUCCEEDING

The results attained by the prohibition movement last month at the ballot boxes in the United States election were the expression of a sentiment that is still growing at a rapid rate, and that involved much discussion and consideration before its culmination in the events of November 7.

The considerations that produced the results mentioned were more largely of an economic character, than has been the case in former temperance elections. The European war had emphasized the wastefulness of the liquor-traffic, and the effect of drink indulgences in impairing the efficiency of men. The experience of many industrial enterprises led to the same conclusions. The strongest motives behind the recent compaigns might be said to be the business desire for economy and effectiveness. This motive had in it no speculative character, but it had grown out of results actually accomplished in places in which the bar-room system has been prohibited.

The actual results attained in the recent voting may be stated as follow: The electors in the States of Michigan, Nebraska, South Dakota and Idaho adopted amendments to their state constitutions, prohibiting the manufacture and sale of intoxicating liquor. Idaho already had a prohibitory law. These changes will go into operation on January 1. Under the initiative and referendun system the States of Montana adopted a prohibitory statue which will go into operation on January 1, 1918. In the territory of Alaska the people voted in in favor of the principle of prohibition, but the law, to give the vote effect, must be passed by the United States Congress. Prohibition was an issue at the polls in the States of Utah and Florida in which there were elected legislators pledged to the enactment of prohibitory laws. In a number of the localities there were substantial victories won on Local Option lines. According to the Chicago Tribune the voting leaves the whole United States with prohibition adopted in 2,543 counties, while there are 2,898 in which the liquor traffic will still be licensed until further changes are made.

A great deal of pressure is being bought to bear upon the Quebec Legislature by influential organizations and individuals that are in favor of a provincial prohibitory law. The request made is for the enactment of a measure subject to a ratifying vote by the electors. The Government has not yet declared its intentions in the matter. Quebec is the only province that has not a prohibitory law.

Provincial prohibition, however, does not interfere with the manufacture or importation of intoxicants nor with transactions in liquor that takes place between persons in different provinces. It is held that such transaction may take place while the liquor is not transferred from one province to another. For example, a Toronto brewer may sell liquor to a Montreal dealer who in turn may sell it to a private citizen in Toronto. Then the brewer may deliver it to the private citizen, although the liquor has not before passed out of the brewer's custody. This looks like an evasion of what is expected to be the result of the law and it does not interfere with drinking as fully as was anticipated.

Therefore a movement is on foot to secure Dominion legislation that will prevent transactions between the dealers and the consumers when these parties are in different provinces, it being generally held that only the Dominion Parliament can enact such legislation. The question is likely to be considered at a conference of provincial temperance workers to be held at Ottawa on December 14.

From Kimballs Mill, Carlisle

Here we all are and a happy bunch too, the good looking boys from Carlisle, and the best from Mt. Pleasant.

Earl Kimball is the boss and a jolly good fellow is he. He begins to smile and curls his mustache when Cliff, the fiddler, walks in. And here's Cliff Pratt the filer, and the boy that can make the old saws cut a few. Lee Clark, the engineer, is the boy that can keep up the steam. Here's the lath sawers, Stockford, Tompkins, Mean and Drake the boys that can push them through. Now comes Walter Clark and he's the boy that can tie them, too. Charlie carries out the edgings and a good man is he, for he goes girling every night and gets back at three. Frank Shaw is the loader, and Scott Hatfield is the jolly boy that hauls in to the machine with his little chestnut team. Allie Orser drives a gray and black, and he think the gray can out-pull the black. Lee Clark thought he was going with the little dressmaker, but got mistaken there for Wellington Tompkins keeps a driver; so he showed Lee what he could do the night of the oyster stew.

The boys all seem in a hurry when its time to eat for we have a little cook that keeps the tea warm and does it awful neat.

THE PERFECT HOSPITAL

Need Not be Palace, But Must be Very Clean.

"The main essential of a hospital," says a well known surgeon, "is that it be so constructed that every room for every patient will at some time of the day get some sunshine. The halls and floors should be as near soundproof as possible, and the doors should be wide enough for a bed to pass through easily. All corners should be rounded, so that the room may be kept perfectly clean and free from dust." These simple specifications do not call for a lavish expenditure of money, and, in the mind of this practical doctor there is no necessity for imposing portals or stately entrance halls.

The pedatial modern hotels, some years ago were responsible for the innovation of shifting kitchens from basements to top floors. Now, however, improvements in ventilating methods and kitchen appliances have very largely resulted in the abandonment of this plan, which, from the first, was found oppressive because of elevator expense. In the opinion of the medical man above quoted, all additional cost in locating the kitchen of a hospital at its top instead of at its bottom, is unnecessary.

Reasonable Farmer's Hours

An hour before ten o'clock is worth two after sunset. But also remember that successful farmers do not work long hours. They manage the farm to accomplish their work in reasonable time.

Avoid a Possible Fire

In banking up houses for the winter, do not use leaves, straw or other inflammable material, unless entirely covered with earth; a chimney spark, a carelessly thrown match or a cigarette or cigar stub may ignite it.

WOMEN'S NERVES

Women, more than men, have excitable nerves, because tiring work and physical strain tax their more delicate nervous systems and bring premature age and chronic weakness—unless treated intelligently.

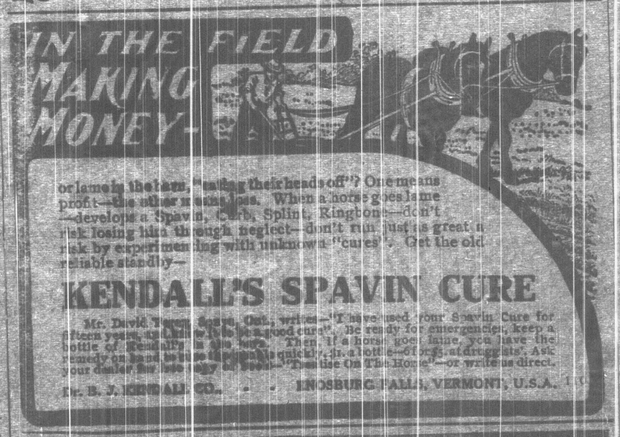
Drug-laden pills and alcoholic concoctions cannot build up a woman's strength, but the concentrated medicinal food properties in

SCOTT'S EMULSION

build strength from its very source and are helping thousands of women to gain control of their nerve power—overcome tiredness, nervousness, impatience and irritability.

SCOTT'S is a liquid-food—free from drugs.

Scott & Bowne, Toronto, Ont. 10-7



or lame in the team, "eating their heads off"? One means profit—the other means loss. When a horse goes lame—develops a Spavin, Curb, Splint, Ringbone—don't risk losing time through neglect—don't run just as great a risk by experimenting with unknown "cures". Get the old reliable standby—

KENDALL'S SPAVIN CURE

Mr. David Young, Sparta, Ont., writes—"I have used your Spavin Cure for fifteen years, and it is the best cure." Be ready for emergencies, keep a bottle of Kendall's Spavin Cure handy. Then if a horse goes lame, you have the remedy on hand to relieve the pain quickly. At all dealers—$1 a bottle—or 5 for $5, at druggists'. Ask your druggist for a copy of Kendall's Treatise on The Horse"—or write us direct.

Dr. B. J. KENDALL CO. ENOSBURG FALLS, VERMONT, U.S.A.

Safety First

Nothing is more important to the Fur Shipper than doing business with an Honest—Reliable—Responsible—Safe Fur House.

"Ship to Shubert"

The largest house in the World dealing exclusively in American Raw Furs. There you will always receive an Accurate and Liberal Assortment, the Highest Market Prices and the most "Prompt" Efficient, Courteous service.

Write for the latest edition of "The Shubert Review" containing valuable information you must have.

A. B. SHUBERT, Inc. 7 WEST AUSTIN AVE. Dept. C 16 CHICAGO, U.S.A.

Windsor Whisperings

The circle met at the home of Mrs. P. C. Dickinson on Thursday last.

A very sad death took place at Carlisle on Friday when Earl Kimball of that place was found dead at his mill. Much sympathy is felt for his wife and little ones.

James Faulkner has completed his carpenter work at Forley Wasson's and returned to his home in Hartland.

Pte Earl Orser of the Siege Battery St. Johns, is home on furlough.

Pte Allen Shaw who has been visiting his parents, Mr. and Mrs. Stanley Shaw, returned to the Military hospital at Halifax after an illness of diphtheria.

Mr. and Mrs. David McKenzie are spending the winter with her mother Mrs. Stephen Shaw.

BUY A Home!

A very desirable new cottage on a picturesque site, commanding a beautiful view, in the progressive Town of Hartland. Will be sold very reasonable to an immediate purchaser.

Apply to

A. D. HOLYOKE

Woodstock, N. B.

THE WINTER TERM

OF THE

FREDERICTON BUSINESS COLLEGE

WILL OPEN ON

Monday, January 8, 1917

Begin today to prepare for a good paying position by getting information regarding our courses of study, descriptive booklet of which will be sent on application. Address—

W. J. OSBORNE, Principal
Fredericton, N. B.

The HOULTON Business College

Offers you a practical course of study which can be completed without loss of time. Individual instruction will enable you to enter any time. Every graduate placed in a good position, and your chances are excellent if you enter NOW. Write or phone

O. A. HODGINS, Prin., Houlton, Me

We extend Hearty Christmas Greetings to The People of Canada Our Overseas Friends and Export Connections and wish them all prosperity in the New Year

Western Canada Flour Mills Company, Limited

Millers to the People

The "Live a Little Longer" Idea

IN Rochester, N.Y., there has been formed an association the object of which is to promote the "Live a Little Longer" idea. It aims to encourage men and women to give attention to their health, and by preventive methods to avoid serious disease and add years of happiness to their lives.

This idea is suited to people of all ages, but seems particularly applicable to persons of advancing years who feel their vitality on the wane. It is truly wonderful what is accomplished by Dr. Chase's Nerve Food under these circumstances.

By forming new, rich blood, and nourishing the starved, wasted nerve cells, it instils new life and vigor into the vital organs and enables them to perform their natural functions.

This means new strength and comfort, freedom from pain and disease, and longer life. This letter gives you some idea what old people may expect from the use of Dr. Chase's Nerve Food.

Mrs. Sophia Baker, Tancook Island, Lunenburg Co., N.S., writes:—"I have been reading about people who have been cured by Dr. Chase's medines, and as I have obtained great benefit from the use of Dr. Chase's Nerve Food I want to tell you my experience. I am an old woman of 80 years. My sleep was very poor, I could not eat anything, and my nerves were in a bad state. Hearing about the Nerve Food, I decided to use it, and must say that the five boxes I took helped me wonderfully. I never expect to be like I was at 50, but this treatment has helped me to sleep well, improved the appetite and built up the nerves. Anyone who wishes can write to me for full particulars.

50 cents a box, 6 for $2.50, all dealers, or Edmanson, Bates & Co., Limited, Toronto.

Do not be talked into accepting a substitute. Imitations disappoint. 531

DR. A.W. CHASE'S NERVE FOOD