

Business Girls And Teachers

Suffer From Overtaxed Nerves and Often a Complete Breakdown

Thousands of earnest, intelligent young women who earn their livelihood away from home in the school room, in public offices and in large business establishments, are silent, suffering victims of overtaxed nerves and deficiency of strength. Weak, breathless and nervous, they work against time, with never a rest when headaches and backaches make every hour seem like a day. Little wonder their cheeks lose the glow of health and grow pale and thin; their eyes grow dull and shrunken and beauty slowly but surely fades. Business women and girls because of their work and worry, look older than their years. What they need is the frequent help of a true, strengthening remedy to carry them through the day. Dr. Williams' Pink Pills are like actual food to the starved nerves and tired brain of the business girl. By making rich, red blood they supply just the kind of help girls need to preserve their health and energy, and their good looks. Dr. Williams' Pink Pills bring bright eyes, rosy cheeks, high spirits and thus make the day's duties lighter.

Miss Mary H. Hunt says: "Many people think of the life of a school teacher as one of comparative ease with short hours and holidays plentiful. But the reverse is the case. When one has to stand day after day year in and year out, with the worries great and small, from handling children, it begins to tell upon even the strongest, and especially upon the nerves. I had been teaching about five years and was then located at Springfield, Ont., when I found I was far from having the vitality I started out with. Before my term was out I had a complete nervous breakdown. I tried doctor's medicine and it helped, but only for a while. I then tried osteopathic treatment but with no better results. I suffered from loss of appetite, slept poorly, was nervous and troubled with severe headaches. Holidays came and I tried a change of schools, but got into a harder place where I had over fifty pupils under my care. There were days when it seemed impossible for me to carry on my work. At this stage my sister, who had also been a teacher, strongly advised me to try Dr. Williams' Pink Pills. I took the advice, and by the time I had finished my second box, I felt that the pills were helping me. I was on my ninth box when I decided there was no necessity for continuing the treatment, as I had never felt better, and had gained twelve pounds in weight. Dr. Williams' Pink Pills, with plenty of fresh air, worked wonders in my case, and I should advise the use of them to any other run down teacher."

You can get Dr. Williams' Pink Pills from any dealer in medicine, or by mail, post paid, at 50 cents a box, or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Sowing Garden Beans

Beans are an important truck crop. Garden beans are one of the important truck crops and practically every farmer should grow a patch either for sale or for home consumption according to his situation. Being a leguminous plant, this vegetable stores in the soil nitrogen gathered from the air, and the cultural methods generally given to it leave the ground in splendid shape for the following crop. The consumer also has great advantages in buying them as they are a delicacy, they may easily be canned and are



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NEWCASTLE, N. B.

TUESDAY, JUNE 8, 1920

Study of Music Cultivates Accurate And Quick Thinking

A school trustee who was once opposed to granting more time on the school curriculum for music study, but who now is heartily in favor of it, owes his change of attitude to being shown the value of music study as an educational subject the same as arithmetic, grammar, geography or any other regular subject, in addition to the cultural and recreational side of music.

The case for music is well put by a school music supervisor who makes the following observation: "While the main purpose of music education is to cultivate an emotional reaction for the beautiful, yet the intellectual discipline which goes hand in hand with well organized music study may easily hold its own with that developed by mathematics or science. What subject lays such stress on quick perception? The young child is taught to think through his ears first. I wonder how many music teachers realize that their success depends directly upon correct hearing? I feel that public school teachers have grasped this truth much in advance of teachers of piano and orchestral instruments. After the child has had much training in thinking through his ears, then he is taught to think through his eyes. For training in precision, regularity, form, restraint and control music has no peer. What demands more accurate, quick thinking than music reading? In mathematics the pupil thinks in rhythm, and the mind must be alert.

"Music study which scores in intellectual discipline as well as in emotional reaction demands more time in the daily program and better trained teachers than many school systems now have, but as soon as we prove to school authorities the possibilities of music as an intellectual stimulus they will give it more consideration in the school program."

WEDDINGS

GRAHAM-GUNNING
The home of Mr. Henry Gunning, Chatham, was the scene of a very pretty wedding Friday evening when Miss Georgia Gunning, daughter of Henry and Mrs. Gunning, and Mr. Robert B. Graham, only son of Mr. and Mrs. W. W. Graham of Main River, Kent County, were united in marriage by Dr. Wyllie.

The house was tastefully decorated with apple-blossoms with a wedding arch of the same; lilies and carnations carried out the color scheme and shed beauty and fragrance everywhere.

The bride was beautiful in a dress of pink crepe de chine with large picture hat to match and carried a bridal bouquet.

Miss Regina Robinson played the wedding march as the bride entered the room with her father. The couple were unattended.

A delightful supper was served after the ceremony and the happy couple motored to Newcastle to catch the Maritime for Montreal and elsewhere. After a brief trip Mr. and Mrs. Graham will reside in Newcastle where Mr. Graham is one of the C. G. E. Telegraphers.

A large number of beautiful presents were received by the bride and cordial wishes of a large circle of friends accompany the young couple.

considered a very beautiful food indeed.

One or more varieties. To be profitable and salable, garden beans should be sown when the soil is well grown but still cool, and the plants only last during the first part of the season. It is a good idea to sow a number of varieties to insure that one will be ready to harvest when the weather is such that the other is not.

One of the best varieties is the 'Round Pod Kidney' which is a very early variety, such as Round Pod Kidney Wax or Round Pod Wax, so as to get the first crop as soon as possible.

Have your own seeds. Probably the best way is to purchase as the seeds are gathered from strong plants which each year, for the first year, not only means a saving in money, but which is of great importance, also to insure that you have the best quality of seed, and that of the variety you desire.

Was A Blessing To His Wife, He Says

Nerves Steady, Headaches Gone, Eats Anything Since Taking Tanlac

"It has been six months now since Tanlac overcame by wife's troubles after she had suffered for ten years, and today she is still enjoying perfect health," said Arthur Miller, a well-known carpenter residing at 25 Dawson street, Desborough, Nova Scotia, a few days ago.

"Nearly eleven years ago my wife's health broke down, he continued, "and since that time she has gone through her share of suffering. Her digestion was so bad that nearly everything she ate caused trouble and gave her pains in the chest and stomach. She complained of a heavy, smothering in her chest and at times she was so choked up with gas she had to fight to get her breath. Many a night she was in such misery I had to be up for hours trying to help her get relief so she could get a little rest, but often it was nearly daybreak before she became easy. One time last winter she had an attack of acute indigestion and they sent for me to come, as they thought she would die. These spells got to coming on her often, and whenever they did she would be in bed for two or three days at a time. She was badly constipated and subject to severe headaches. Her nerves were in a wretched condition and she was about fifteen pounds under weight. Many times I have seen her so weak she could hardly walk and it was impossible for her to do any of the housework."

"We had been reading about Tanlac, and when she saw it recommended by several of our friends we decided to give it a trial. Well, sir, before my wife had finished the first bottle I could tell she was improving, she looked better and was picking up in weight. In all she took six bottles, gained fully fifteen pounds in weight and was restored to perfect health. This was six months ago and she has never been troubled in any way since. She is eating more than she has in many years and it all agrees with her perfectly. Her nerves are steady and strong, she sleeps like a child at night and does all her housework without any trouble. She is free from constipation and headaches and she never complains of an uncomfortable feeling of any kind. Tanlac has certainly been a blessing to her and she never loses an opportunity to praise it."

Tanlac is sold in Newcastle by E. J. Morris, in Redbank by Wm. M. Sullivan and in Doaktown by O. Hildebrand.

TOM MIX ROPES

FLYING EXPRESS
Tom Mix, the cowpuncher actor, wanted to catch an express train moving at the rate of 60 miles an hour. He didn't bother to flag it. He "stoped" it, just as he used to rope wild cattle on the ranges of Texas before he entered motion picture work.

Mix did this stunt for his new drama "Rough Riding Romance," to be shown at the Happy Hour Theatre Friday and Saturday. This is only one of the perilous stunts Mix does in the "Romance" which prove his long established skill, his utter fearlessness and self-confidence.

MONCTON POLICE

Say They Found An Illicit Still

Moncton, June 2—The laying of a complaint for assault by one James Fitzsimmons, who lives five miles out the McLaughlin road, resulted in the Moncton Police this afternoon in seizing an illicit still and making the biggest recovery of what is alleged to be stolen goods the local police have made in many a day.

AGITATIONS ON FOOT

A number of agitations are on foot by some of our citizens, who would like to see a day held this year in town, similar to the Returned Soldiers' Reception last August, to raise money, either for the purchase of a Public Play-ground, or some other public improvement. The committee in charge of the agitations is now all out for it, and an agreement has been made to hold a day

JUNE WHITE SALE

This sale places well within the reach of every woman, the numerous things she has been wanting to secure for immediate use at mighty fine savings. Everything which is offered in this sale, UNDERMUSLINS, FABRICS, WAISTS, DRESSES, etc., are of the finest quality and most desirable sorts. Such savings as these are everywhere in evidence.

- Children's Drawers,.....39c, 50c to \$1.00 Pair
- Children's Dresses,.....\$1.95, \$2.50, to \$4.50 each
- Children's Skirts,.....39c, 59c, 75c to \$1.00 each
- Women's Camisoles and Corset Covers, 65c, 75c, \$1.00 to \$2.50
- Women's Skirts,.....\$1.25, \$1.50, \$1.75 to \$3.50
- Women's Drawers,.....50c, 75c, \$1.00 to \$2.00.
- White Cotton Special, 36 inch, scft finish, free from dressing, worth 35c, for 25c Yard
- Linennes and Middy Cloths, excellent quality, 32 to 38 inches wide
- Special Prices at 38c, 50c, and 60c yard



Men's Caps

We have just received another large assortment of
Men's Summer Caps
which makes our line the most complete on the Miramichi
Prices: \$1.75, 2.00, 2.25, 2.50, 2.75, 3.00, 3.50
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Fitzsimmons appeared at police headquarters this afternoon with his face battered black and blue, a fractured rib and suffering other injuries and alleged that he had received his injuries at the hands of his next door neighbor, Joe Adams, his nephew by marriage, who used an axe handle on him in a fight that took place at Adams' home last Sunday.

After Adams' arrest this afternoon on the charge of criminal assault Fitzsimmons told the police a story which is said to have led to the discovery of the illicit still and a large quantity of goods, alleged to have been stolen, near the Adams home. Adams is being held with the charge of criminal assault, operating an illicit still and having stolen goods in his possession. The goods recovered are valued at about three thousand dollars.

Fitzsimmons says Adams had some seven gallons of rum at his home last Sunday and this undoubtedly is at the bottom of the marriage assault. Fitzsimmons alleges Adams made upon him.



Give a Victrola Dance in your home

You can buy a Victrola for less than the cost of an orchestra for one evening.

It will give you the latest and best dance music played by the foremost bands and orchestras of the country.

Come in and select your "His Master's Voice" Records to-day.

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Doris Kenyon
In their Great Super-Special
"The Great White Trail"
An Epic of the Arctic in Seven Reels
EXTRA - - EXTRA
THE GREAT COMEDIAN
Larry Semon
—IN—
"The Simple Life"

FRI & SAT

William FOX Presents
Tom Mix
The Worlds Greatest Daredevil
—IN—
"Rough Riding Romance"
"Smashing Barriers"
Mutt & Jeff Comedy
Business Sat. at 4 o'clock