



ST. STEPHEN

St. Stephen, Jan. 4.—Mr. F. A. McKenzie, Canadian War Correspondent, told us how he came through the Hindenburg line with the victorious Canadians, in his graphic and thrilling lecture given in the Bijou Theatre on Tuesday evening of this week, under the auspices of the Women's Canadian Club. The theatre was filled to the doors, and the large audience listened with deep interest while Mr. McKenzie told them in vivid terms of the splendid work of our Canadian boys all through the war. The lecture was well illustrated with views and moving pictures, and was just another of the rare treats for which St. Stephen audiences have to thank the Women's Canadian Club. Miss Louise Perry, president of the Club and Mrs. E. V. Sullivan, vice president, and Mr. D. F. Maxwell were on the platform and Miss Perry introduced the speaker of the evening in a few well chosen words. At the close of the lecture a hearty vote of thanks was given by Rev. W. W. Malouin and seconded by Mr. James Vroom and carried unanimously by a standing vote. Miss Perry then announced that she had been to Alton after a pleasant vacation at her home in town.

Winipeg and other Western cities. Mrs. McBride was accompanied by her son, Mr. Hugh McBride and young grandson, Wallace McBride, who will make a short stay in town, and are receiving cordial welcome from many friends. Mrs. Bessie Dinmore gave a very delightful knitting party at her home on Prince Wm. Street, on Friday evening last for the pleasure of Miss Kaye Cockburn. The guests were the Misses Kaye Cockburn, Gladys Blair, Mildred Todd, Marion Murray, Kathleen Beattie, Grimmer, Kathleen Hill, Phyllis Waterston, Theodora Stovena, Marjorie Haley, Marion Strachan, Mrs. Harold Haley and Mrs. Guy Davis. Delicious refreshments were served and an unusually jolly and enjoyable evening spent. Mrs. A. Vesey entertained very informally at the tea hour on Saturday afternoon last for the pleasure of Mrs. Robert Lowe of Portland. Miss Louise Perry gave a very enjoyable tea at her home, West Wood, on Friday afternoon, at which the guest of honor was Mr. F. A. McKenzie. Councillor H. E. Beek's many friends are glad to know he is returning from his recent illness. Mr. D. F. Maxwell entertained the officers and chaplain of the St. Andrew Society very delightfully at luncheon at the Queen Hotel to meet Mr. J. A. McKenzie, on Tuesday of this week. After the lecture given by Mr. F. A. McKenzie on Tuesday evening, Mr. D. F. Maxwell entertained Mr. McKenzie and a party of gentlemen at supper at his home on Prince William street, which was greatly enjoyed by the guests. Mrs. Bruce Buchanan, Mrs. Mel Buchanan and Miss Gertrude Buchanan were returned from St. John, where they went to attend the concert given by Harry Lander. Mrs. Bruce Buchanan entertained the W. W. Club very delightfully at her home on Club Ave., on Thursday evening of this week. Mrs. Marguerite Clark of St. Andrew is the guest of her aunt, Mrs. G. J. Clarke. Dr. Douglas Dray has returned from a post-operative visit to his parents in Parryboro, N. S. Mr. Frank McCluskey, who has been the guest of his parents, Mr. and Mrs. A. McCluskey, has returned to his home in New York.

WOODSTOCK Woodstock, Jan. 7.—Lieut. Frank Nicholson of St. Stephen, is in town for a few days. Lieut. Walter Currie, of military headquarters, St. John, was in town last week. Master Malcolm Smith, son of Mr. and Mrs. C. Allan Smith, who has been ill, is recovering. Rev. W. B. Wiggins and Mrs. Wiggins have returned from Pennac. Mrs. Elfrida Estey, who has been visiting relatives at Northampton, returned home on Thursday. Miss E. M. Hines, graduate nurse, who has been spending her vacation here, left on Thursday for Vancouver, B. C. Mr. Beresford Connell arrived here from the West to spend the holidays with his father, Mr. A. B. Connell, and Mrs. Connell, West, assistant superintendent of the Massachusetts General Hospital, Boston, is spending a week with Mr. and Mrs. E. L. West, Centreville. Woodstock, Jan. 7.—Lieut. Frank Nicholson of St. Stephen, is in town for a few days. Lieut. Walter Currie, of military headquarters, St. John, was in town last week. Master Malcolm Smith, son of Mr. and Mrs. C. Allan Smith, who has been ill, is recovering. Rev. W. B. Wiggins and Mrs. Wiggins have returned from Pennac. Mrs. Elfrida Estey, who has been visiting relatives at Northampton, returned home on Thursday. Miss E. M. Hines, graduate nurse, who has been spending her vacation here, left on Thursday for Vancouver, B. C. Mr. Beresford Connell arrived here from the West to spend the holidays with his father, Mr. A. B. Connell, and Mrs. Connell, West, assistant superintendent of the Massachusetts General Hospital, Boston, is spending a week with Mr. and Mrs. E. L. West, Centreville.

ACUTE NERVOUS EXHAUSTION



All Treatments Proved Useless Until He Tried "FRUIT-A-TIVES". MR. JAS. S. DELGATY. R.R. No. 4, Gilbert Plains, Man. "In the year 1910 I had Nervous Prostration in its worst form, was reduced in weight from 170 pounds to 115 pounds. The doctors had no hope of my recovery, and every medicine I tried proved useless until a friend induced me to take "Fruit-a-tives". I began to feel almost at once; and after using this fruit medicine for 3 or 4 months, I was back to my normal state of health. I never had such good health for twenty years as I have enjoyed the past six years. We are never without a box of "Fruit-a-tives" in the house."

BEST VARIETIES POTATO YIELD

The Experimental Farm Notes Show Results of Interest to Potato Growers.

With but four exceptions all of the twenty best yielders at the Fredericton Experimental Station, are white skinned and of either the Green Mountain, Cobbler or Burbank type. The highest average yield for three years (487 bushels per acre) was obtained from Seedling 13469, bred by Prof. Wm. Stuart, of Washington. This is a Green Mountain type potato, fairly late in maturing, of beautiful smooth appearance and high table quality. The plants also seem to be very disease resistant. The second in the list with 496 bushels per acre (3 years average) is a strain of Delaware, improved by W. H. Moore, Scotch Lake, N. B. This potato is commercially a Green Mountain, and in every way resembles that type except that it may be slightly thicker and not quite so rectangular. Very resistant to disease and of high table quality. The third is Seedling 4227, bred by Prof. Wm. Stuart, of Washington, with a three year average yield of 452 bushels per acre. This potato is longish, of the Burbank type, and of high table quality. The fourth is Seedling 3073, bred by Prof. Wm. Stuart, of Washington, with a three year average yield of 427 bushels per acre, it is similar to Seedling 4227. The fifth is New Scotch Rose with an average yield for six years of 422 bushels per acre. This is a large pink tuber slightly inclined to be rough and not of the highest table quality, though very good. It is quite disease resistant. The sixth is a blue black potato following the Kidney type bred by Dr. Whitney, St. Stephen, N. B., and developed at the Fredericton Station. It is practically indistinguishable from a variety known as McCulloch. Very disease resistant and a vigorous plant. It is a great keeper and of excellent table quality. The average yield for three years was 415 bushels per acre. The seventh is Deers Standard, a long white (Burbank) type of excellent quality, but not so disease resistant as those above with an average yield for six years of 414 bushels per acre. The eighth is Green Mountain (Lowell's strain) with eyes a trifle

Don't Coax! Your Little Pet Needs a Candy Cascaret

Look at the kiddie's tongue! Then hurry! Give Cascarets to work the nasty bile, souring food and constipation poison from the little liver and bowels. Children love "Candy" Cascarets. Harmless! Never gripe! Never disappoint! Cost 10 cents a box.



MOTHERS! When your child is irritable, feverish, when the little tongue is coated, breath tainted, give harmless Cascarets to thoroughly cleanse the stomach, liver and bowels—then don't worry! Full directions for children's dosage at all ages on each 10 cent box.

deeper than the other strains of Green Mountains, but otherwise just as good and the plant is much more disease resistant and more vigorous. The four year average yield was 410 bushels per acre. The ninth is Irish Cobbler with a four year average yield of 406 bushels per acre. This potato is an early maturing and has the two peculiar qualities of yielding tubers that are always dry and good no matter how young they are dug and which will keep hard and dry until the following June. The eyes are rather deep and when yielding heavily it is liable to grow rather rough and have hollow heart. Then following in order of yield we have, Langworthy with 399 bushels Morgan's Pink Seedling, 397, Vick's Extra, 396; Cumming Pride, 395; Eureka, Extra Early, 385; Early Everette, 379; Houton Rose, 375; West McGregor, 375; Pierremont Seedling, 373; Empire State, 370, and Dalmainy 367. This last list was all tested for six years.

GETS THE ROPE

Cornwall, Ont., Jan. 10.—John Vegznuick, an Austrian Pole, charged with the murder of an Austrian named Thomas Zwenick, at Winchester, Ont., on the night of December 11, was last night found guilty by the jury, after forty minutes deliberation. He was sentenced to be hanged on March 28 next.

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FREE PUZZLE PRIZE \$4500.00 In Cash has been Given Away FREE also hundreds of Merchandise Prizes \$200.00 more IN CASH will be Given Away as follows 1st Prize, \$50.00 in Cash, 2nd Prize, \$40.00 in Cash, 3rd Prize, \$35.00 in Cash, 4th Prize, \$25.00 in Cash, 5th to 9th Prizes, \$10.00 in Cash. TOGETHER WITH MERCHANDISE PRIZES

How Mrs. Smith Solved the Mystery "I've followed the recipe most carefully in every particular," declared the bride. "I mixed and kneaded the dough properly. Why in the world does my bread not come out well like other folks'? It's a mystery to me!" "It's simple," said her neighbor, "it's the flour. If you want your bread to come out always right you must have flour that is always the same unchanging good quality."



How Mrs. Smith Solved the Mystery

"Do flours vary in quality?" "Naturally they must," explained Mrs. Smith, "for wheats vary in strength in different localities. Some wheats contain more gluten than others. And plenty of gluten is necessary in the flour because that is the elastic substance which helps the yeast to make the bread to rise properly. It is highly nutritious." "If you want your bread always to come out right, take my advice, follow the recipe exactly, but use

Cream of the West Flour (Milled according to Government Standard)

"But why this particular flour?" asked the bride. "Because it is a good, strong, high gluten flour for bread, and its quality is always uniform; it never varies." "How can one know it never varies?" "Because Campbells test samples of all the wheat they get to find out just what it contains. So it is easy for them to keep it uniformly good. I'll show you my own bread," offered Mrs. Smith. She went across the way to her home and returned with a splendid swelling loaf. The bride tasted it and was delighted. "Oh, if I could only make bread like that!" she exclaimed. "Certainly you can," said her neighbour, "Cream of the West is a dandy flour for bread. I ought to know for I have used it for years. I'm sure you'll be just as satisfied as I am with it. Try it, my dear."

The Campbell Flour Mills Company, Limited West Toronto, Ontario Canada Food Board License 6, 7 & 8 Dealers can procure Campbell's Flours from The Campbell Flour Mills Co., Limited, Simpson Bldg., Halifax, N. S.

Motto: Kindly Deeds

WEEKLY CHAT.

Dear Boys and Girls:— How many of you I wonder saw the little birds that were covered with ice during the past week? It was such a pretty sight where one could see just a few, that I wonder how many of the kiddies would see a whole forest like that and My! I wonder you little folks who did, especially when the sun was shining on the too. If the little twigs could speak I don't believe they would be pleased to have that coating of ice over them. Even though it did look so pretty, let us hope the trees will not suffer from the weight they had to carry for several days. When one looks to think of the many years it takes to grow a tree of some size, would seem cruel for the ice to coat them and injure the tender new growth. Writing about forest trees reminds me of the interesting letter I am publishing today in which one of our boys tells how he saw some rabbits. I had to smile to myself on the bunnies escaping and kidding you see their happy proposals when they got stuck to get away and probably feeling pretty blue over the capture. Of course it is hops of the forest that give us perfectly natural ways to keep them in poas and I do not blame any boy or girl for wanting to do that. But from the rabbit's point of view it isn't fun to spend one's life in any prison no matter how pleasant the life is. Nothing is better than freedom. I never got through a pair of shoes, where there were all sorts of birds and animals caged without feeling a wee bit sorry for the poor little creatures that give up their freedom. I wish that pleading expression seems to say: "Please let me out." course you may say they are not as big as He helps us and don't you know the birds and animals would suffer for a home or a morsel of food that give up their freedom. Freedom is a wonderful word too, for the smallest up to the biggest all of it. Even the nations have been always will struggle for freedom. For people, well you all have heard and read the many stories about slavery, when human beings were bought and sold with out possessing one item of freedom in any sense of the term. Of course I admit there are many animals and people who cannot be trusted with their freedom, they belong to the class who fail to serve the golden rule. If all obey that good old saying, what a better world this would be. Even boys and girls would get a much better if they did not obey the golden rule. Then there would be much less quarrelling, teasing and fighting. It would be a lovely rule to follow for 1919 and it might not be so very hard either. Let us all try anyway. With heaps of love, UNCLE DICK

BIRTHDAY GREETING

Birthday greetings for the coming week to the following members:— Joan Moore, St. George's; Hazel Beckingham, Britain St.; Rosie Goldfarb, Prince William St.

NEW MEMBERS

Heleen Seely, Goodrich St.; Joan Moore, St. George's; Corrida Randles, Kinghurst; Edna Elizabeth Boone, McAdam; Lilian Kilcup, Loppaux, Char. WHAT A MAGNET WILL DO.

A small magnet will afford more entertainment than the best toy ever "Made in Germany." It is one of which the owner never tires, which will give amusement to friends in any one of the new uses which he is continually finding for it. One of the first will be the obedi- nacle which follows his hand. Open a large book, as a school graphy, and on the cover place a die. In the hand under the cover is a magnet concealed, and it is very easy to make the needle follow the hand. Gradually raise the needle and still make the needle follow hand, though at an inclination thirty or forty degrees. A handful lake or sea sand is like to contain some iron. Dip the magnet into it, and if this is the case, the particles will cling to the magnet. The great cranes used in loading ore from steel rails are just big electro-magnets. These are made of soft iron and are magnets only as an electric current passes through them. When the crane passes over the car to pick up a load, it is charged with electricity, and at once the ore or steel rails are attracted and pass by the dumping ground the current that off and the magnetic power is lost, letting the load fall. This magnet is no longer a plaything, but power in the industrial world. What is the best way to keep a magnet from rusting?