

US PEOPLE
NITRO-PHOSPHATE

and the results following its use are often simply astonishing.
Weak, tired people regain strength and vigor; thinness and angularity give way to plumpness and curves; sleep returns to the sleepless; confidence and cheerfulness replace debility and gloom; dull eyes become bright, and pale, sunken cheeks regain the pink glow of health. Nitro-Phosphate, the use of which is inexpensive, also wonderfully promotes the assimilation of food, so much so that many people report marked gains of weight in a few weeks.

CAUTION—Although Nitro-Phosphate is unsurpassed for relieving nervousness, sleeplessness and general weakness, it should not, owing to its remarkable flesh-growing properties, be used by anyone who does not desire to put on flesh.

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LARGELY ATTENDED SERVICE HELD
IN ST. ANDREW'S CHURCH MONDAY

United Thanksgiving Service for the Presbyterians of the City Held in the Morning—Excellent Sermon Preached by Rev. H. L. Eisner of St. Matthews.

A united Thanksgiving service for the Presbyterians of the city was held in St. Andrew's church Monday morning, when an impressive sermon was delivered by Rev. H. L. Eisner, pastor of St. Matthew's church. Taking his text from the 116 Psalm, 18th verse, the preacher went on to say that the Psalmist from 113 to 118 were frequently sung at Hebrew festivals, and especially at the Passover. They came from the sons of the poet who wished to give expression to a sense of great deliverance.

A new age lies before us, said the preacher. The greatest opportunity of all history is knocking at our doors. We should take advantage of it, depending upon our believing in God as the source of all things. To all who love liberty the day is a great one. Having emerged from the shadow of an oppressive militarism which has devastated the fairest fields of Europe, made a mockery of civilization and a laughing stock of culture, all hearts will be thankful.

Who can recall a more astonishing time for the nations than the present. On every side our human life is being transformed. The old achievements are little short of marvelous. We are under a heavy tribute of thanks to science. Travel by air and sea is swifter than ever before. Daily toil is less grinding and less monotonous, through the application of modern machinery.

There is more public spirit. More men of character and ability are entering public life. This means the gradual extinction of the old time grater. Now we have reason to be thankful for the silent force of independent political thinking. There is going on a quiet emancipation of the Canadian electorate from blind partisanship.

We all believe in the organization of political forces. We believe in political machinery and leadership. But we also believe in the spirit of independence which enables a man to break with his party when he feels the best interests of all can be conserved. This independent spirit is an asset of priceless value. It helps to preserve a sane and righteous equilibrium, and makes for safety and rational progress in the long run. That we ascribe this independence to a belief in God is a great fact.

Varied as is our population, outwardly divided and separated by very distinct cleavages, there is a deep underlying unity which makes it possible to build up a stable nation on an abiding foundation. This unity comes through a common belief in God. Let us be grateful for such a noble heritage. This great Dominion, mighty in the vastness of its limitless resources—the Almighty directed her infant footsteps, and led her to the discovery of the rich treasures with which He had endowed her hills, valleys, mountains, rivers, and plains.

We are not for a moment to imagine that God takes no interest in us who the inhabitants of a country shall be. He gave Canada to the lazarites; He has given this country to us. His Providence has chosen the course of events that Protestantism with its Bible and love of liberty were given this country, and may it not be characterized as Canadian of old—A land of milk and honey. Surely for Canada we should be devotedly thankful to God.

But we should not lay special emphasis upon its bigness and wealth. It is not its bigness; it is its greatness. Bigness is an attribute of matter; greatness is an attribute of mind. The history of Canada is great; it reads like a romance. There are pages that sound like an epic poem. Who can read its story without exclaiming in the language of the Hebrew prophet: "He has not dealt so with any people."

Thank God for our principles of government. No autocrat struts before our eyes making us feel we are his vassals, declaring as the late Emperor of Germany did: "I receive my power from God and what I will is law." The will of the king is the supreme law.

Our great principle is self-government. That admits people to participation in the councils of the nation, and gives them the right to elect responsible for the conduct of affairs. We have reason to be grateful for our

DOCTOR
PRAISES
ZAM-BUK

"For sixteen years," writes Dr. A. P. Shibley of Washington, D.C. "I have used Zam-Buk in my practice, and am convinced that there is nothing to compare with it for skin troubles, from roughness and irritation to chronic skin diseases. Zam-Buk, without a doubt, has wonderful curative properties, and when I have occasion to recommend a balm to my patients, I always recommend Zam-Buk. I have found the results from its use to be perfectly satisfactory."

Members of the medical profession are noted for their caution in recommending a remedy—only doing so when they have absolute confidence in it. The fact that Zam-Buk is so highly recommended by doctors the world over, and that in Dr. Shibley's experience it has stood the test of sixteen years' constant use, puts it, undoubtedly, in a class by itself.

In the home, in the office, shop and factory, on the farm and when traveling, Zam-Buk should be kept always handy. It is indispensable for all sores, eczema, boils, ulcers, blood poisoning and piles, as well as for cuts, bruises, burns and scalds. All dealers 50c. box.

Zam-Buk

WOMEN WORKERS' SEWING CIRCLE

Under the auspices of the Women Worker's Sewing Circle, a most enjoyable Thanksgiving supper was served last evening in the Tabernacle, Haymarket church.

The tables were beautifully decorated and fairly groaned under the weight of the culinary masterpieces, which graced them. The proceeds, which were very satisfactory, are to go towards the new building fund. Much credit is due the following ladies, members of the committee, for the success of the affair: Mesdames B. Patterson, A. Patterson, Jewett, Shackhouse, P. Kelly, Grace Saunders, Patriquet, Cardine and Grace.

BEGIN HOT WATER DRINKING IF YOU DON'T FEEL RIGHT

Says glass of hot water with phosphate before breakfast washes out poisons.

If you wake up with a bad taste, bad breath and tongue is coated, if your head is aching, if what you eat sours and forms acid in stomach, or you are bilious, constipated, nervous, allow and can't get feeling just right, begin inside bathing. Drink before breakfast, a glass of hot water with a teaspoonful of limestone phosphate in it. This will flush the poisons and toxins from stomach, liver, kidneys and bowels and cleanse, sweeten and purify the entire alimentary tract. Do your inside bathing immediately upon arising in the morning to wash out of the system all the previous day's poisonous waste, gases and sour bile before eating more food.

To feel like young folks feel; like you felt before your blood and muscles became loaded with body impurities, get from your pharmacist a glass of limestone phosphate, which is inexpensive and almost tasteless.

Men and women who are usually constipated, bilious, headachy or have any stomach disorder should begin this inside bathing before breakfast.

Mr. Campbell and Mr. Allen are running as nonpolitical candidates and say their platform is Fairville's welfare.

In the Parish of Simonds there are three new candidates in the field, J. T. Mosher, J. M. Donovan and J. C. Deseil.

Nomination Day In The County

Warm Contest Expected in the Parish of Lancaster—Five Men Nominated, Viz. Golding, O'Brien, Belyea, Allan and Campbell.

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The nomination papers of Wm. Golding and John T. O'Brien were signed by Robert Evans, T. A. Wilson, J. J. Hennessy, Charles Dalton and Robert Wilson. Mr. Belyea's papers were signed by the same electors and also by J. A. Gregory and J. A. Barry.

The nomination papers of Glenford Allan and Wm. May Campbell were signed by Major C. Morgan, Geo. H. Gelbraith, Robt. E. Evans, Joseph F. Dwyer, John Gills, W. A. Steadon, Anandam Anderson, W. H. Barton, D. S. Mathew McGuire, W. A. Miller, W. T. Nelson, Dr. Comest, T. E. Rogers, Percy McCowan, Walter L. Doherty, B. E. Huettis and Mr. Blinson.

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DALTON—On the 11th inst., after a lingering illness at his late residence, 118 St. James St., H. Elvin Dalton, leaving to mourn beside his wife, two daughters, Martha and Mabel; three sons, William, Kenneth and Elvin; two sisters, Mrs. D. B. Graves of Boston and Mrs. H. Elliott of this city, and two brothers, Cortez and Maurice. Funeral Oct. 14th, 2:30 o'clock. Daylight time.

COUGHLIN—At his late residence, 263 King Street East, on the 10th inst., after a lingering illness, Thomas L. Coughlin, leaving wife, three sons and two daughters.

SEEDS—Suddenly at his late home on October 11th, 30 Blackburg St., James A. Seeds. Service held at Trinity Church, 345 Monday afternoon.

IRWIN—At her late residence, Millidgeville, October 12th, Margaret M., wife of William J. Irwin, and daughter of Capt. and Mrs. Robert W. White, Millidgeville, leaving besides her husband and parents, one son and three daughters to mourn. Funeral Tuesday (Tuesday) from her late residence. Service at 1:30 Standard time. Interment at Fernhill Cemetery. Coachmen leave Scott's Corner at one o'clock.

POWER—On Oct. 13th, 1919, Robert Power, son of the late Robert and Katherine Power of Black River, leaving two sisters to mourn. Funeral Wednesday morning 8:45, old time, from the residence of his sister, Mrs. John J. Mullin, 112 Waterloo street, to the Cathedral for Requiem High Mass. Friends invited to attend. Burial at Black River.

BURNETT—At Bloomfield, Kings County, Oct. 12th, Arthur C. Burnett, leaving a wife, two sons and two daughters to mourn. Funeral from his late residence, 2 o'clock, Standard time.

IN MEMORIAM

WHITLOCK—In memory of Albert E. T. L. Whitlock, Grand Falls, who departed this life Oct. 14, 1919. His loving wife.

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PROVINCIAL OPPOSITION CONVENTION IS
TO BE HELD IN ST. JOHN, NOVEMBER 6TH

Those Qualified To Attend Will Be Two Elected Delegates from Each Parish, Two from Each Ward of Cities and Towns, Together With Parish Chairmen and Ward Chairmen—Convention to Discuss Organization and Policy.

A convention, in the interests of the Provincial Opposition Party in New Brunswick, will be held in the hall of the Seamen's Institute, Prince William street, St. John, N. B., on Thursday, November sixth, commencing at ten o'clock in the forenoon. Three sessions will be held, forenoon, afternoon and evening, the two latter at two thirty o'clock and eight o'clock p.m. respectively.

Representation at this convention will consist of two elected delegates from each parish, together with the parish chairman—qualified ex-officio—and from the towns and cities two elected delegates from each ward, together with the ward chairman, along with such other persons as may be qualified to be present.

This gathering has been arranged by the Convention Committee of the Opposition party and is called for the purpose of discussing matters of organization and policy. County and parish organizations are requested to make note of the date and conditions of this convention, and to take such steps as may be necessary in preparing for the election of delegates and substitutes.

HEAD-ON COLLISION.
Yesterday afternoon, between 3 and 4 o'clock, a Ford car driven by Joseph Paul, while coming out of Acadia street, was dashed into by a car of the same make driven by a man named Lord who was coming up Main street, at a good clip. The machines struck almost head-on and both were considerably damaged. None of the occupants were injured. Mr. Lord, while trying to get underway after the accident, bumped into another auto which was standing at the curb.

A Woman's
Warning

Why will women continue to drag around in misery, suffering with the ailments peculiar to their sex, that drag them down to misery and despair, with backache, nervousness, the blues, derangements and irregularities, when there is a proved remedy for just such conditions?

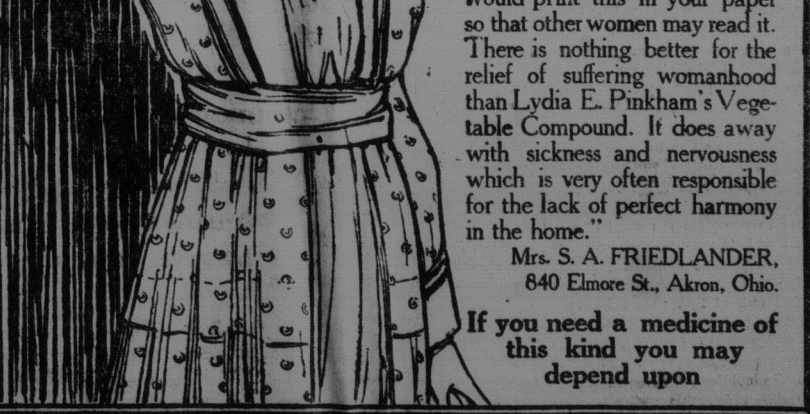
For more than forty years Lydia E. Pinkham's Vegetable Compound has been overcoming these ailments until it is now recognized everywhere as the standard remedy for woman's ills.

For Twenty Years the Friend of This Woman

Akron, Ohio.—"I am fifty-one years old and going through the Change of Life, and Lydia E. Pinkham's Vegetable Compound is doing me lots of good. I felt run-down and weak but since taking the Vegetable Compound I am much stronger and better. I can eat and sleep, am gaining flesh and can do more work than I have for some time. Twenty years ago your Vegetable Compound helped me during childbirth. I wish you would print this in your paper so that other women may read it. There is nothing better for the relief of suffering womanhood than Lydia E. Pinkham's Vegetable Compound. It does away with sickness and nervousness which is very often responsible for the lack of perfect harmony in the home."

Mrs. S. A. FRIEDLANDER,
840 Elmore St., Akron, Ohio.

If you need a medicine of this kind you may depend upon



Lydia E. Pinkham's
Vegetable Compound

LYDIA E. PINKHAM MEDICINE CO., LYNN, MASS.

Auto Stop Safety Razor

More and better shaves
Did you ever see a barber start to shave a customer without stopping his razor first? Never! Isn't this fact significant?

Shaving, you see, is intended to remove the hair from the face and neck, and to give you the clean shaven skin that is so necessary for a keen-edged blade. The Auto Stop Safety Razor of the Auto Stop Safety Razor Co. does this without stopping the blade from the razor.

Shaving—easy, clean and 12 blades complete in an attractive case, \$5.00.

Auto Stop Safety Razor Co., Toronto, Canada.