

PUTS HEALTH AND VIM INTO WOMEN

So Says Mrs. MacPherson of Lydia E. Pinkham's Vegetable Compound

Brantford, Ontario.—"I was always tired and the least exertion would put me out for a day or two. I had a pressing pain on the top of my head, pain in the nape of my neck, and when I stooped over I could not get up without help, because of pain in my back. I did not sleep well and was nervous at the least noise. I keep house, but I was such a wreck that I could not sweep the floor nor wash the dishes without lying down afterwards. A friend living near me told me what Lydia E. Pinkham's Vegetable Compound had done for her so I began to take it. With the first bottle I felt brighter and got so I could wash dishes and sweep without having to lie down. Later I became regular in my monthly terms. I have taken ten bottles all told and am now a different person. I can truly say that your wonderful medicine cannot be beaten for putting health and vim into a woman. —Mrs. JAMES H. MACPHERSON, 350 Greenwich St., Brantford, Ont.

If you are suffering from a displacement, irregularities, backache, or any other form of female weakness write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women."

EXTRA MONEY
Anyone of the family who will spend two hours a day can help through this short of money period with our incubator and brooder. I have had twenty-four years experience and have proven that there is more money in poultry than in any other livestock.

Our 1921 incubator and poultry catalogue beautifully illustrated with colored plates FREE.
130 Egg Hotwater incubator complete \$19.75
130 Chick Brooder and incubator \$28.25
100 Hen Capacity Grain Sower \$16.50
Freight paid to your nearest R.R. station.
L. R. Guild, Incubator Dept., Peckwood, Ont.

EXAMINATIONS FOR GROCERS

In Great Britain Such Persons are Socially Trained

London, Feb. 27.—England is probably the only country in the world where men are specially trained for the grocery trade and are given certificates of efficiency. In this country the up to date grocer is every bit as much a specialist in his line as the eminent physician or surgeon. The would-be grocer does not now merely find a shop stock it indiscriminately and call himself a grocer. He approaches the subject warily and often goes through a three-year course with the knowledge that a row of critical examiners and a stiff examination paper await him at the end of his term.

Although this course is by no means compulsory each year there is a larger percentage of budding grocers who enter for the trade is becoming more and more highly specialized.

During the first year he learns the many varieties of sugar he can readily differentiate between Demerara; Muscovado; Jaggery; Centa; and Sorghum. He can hold forth on the virtues of tea grown in any country; he knows the best sort of coffee and is readily an authority on "cuts" of bacon. He has

SAVED FROM AN OPERATION

Restored to Health By Taking "Fruit-a-tives"

Made of Fruit Juices and Tonics

The most convincing proof of the true worth of "Fruit-a-tives" as a medicine for women is found in the letters written by them to "Fruit-a-tives". For instance:

"I suffered with all the symptoms of female trouble, pains low down in the back and sides, constipation and constant headache. A doctor advised an operation. I started taking "Fruit-a-tives" and this fruit medicine completely relieved me of all my misery."

Mrs. M. J. GORSE, Vancouver, B.C. 50c a box, 6 for \$2.50, trial size 25c. At dealers or from Fruit-a-tives Limited, Ottawa, Ont.

all the best methods of curing at his finger tips and can give the wherefores and whyfores of each.

At the end of the second year he goes into the subject more deeply and gives greater attention to detail. He makes a special study of the most up-to-date business methods and has a good working knowledge of all the Food Acts.

At the end of the third year he faces a practical test of his abilities.

At a spotless apron he stands behind the counter in a specially stocked store while the judges watch him critically. Before him are a bewildering number of samples of tea and coffee. It is his task to give the name, grade each one. He must be able to give price and the country of origin of discourse readily on the respective merits of each different brand.

Next he is confronted with basins of liquid tea. Perhaps there will be five or six different samples but there will be two basins of each. He will be required to sort them in to pairs and grade them according to merit.

He must know how to blend the various packets of tea given him for the English grocer is very often his own tea-taster and blender. For this reason the majority of grocers are non-smokers as smoking tends with some men to obliterate the sense of taste.

There are other similar tests for the candidate for grocery honors for butter; sugar; spices and so on. Then comes the most difficult part of the ordeal—the actual sale of goods across the counter. It is at this point that so many nervous grocers fail; they are liable to get a little flustered should the purchaser prove too "trying".

Points are awarded for tact; salesmanship and general knowledge of the business. The candidate must also be able to pack up the purchases and tie them into a neat parcel with reasonable speed.

There is in addition a written examination paper which is equally stiff. The most searching questions are asked; one of the recent ones being "How many days after laying are you entitled to call an egg new laid?" It is a question which many purchasers would be glad to give their opinions.

Rigid Economy At The Capital

Rumors current for some days that the Government was requiring the heads of departments to cut down their salaries, estimates and staffs are now learned to have been well founded according to the Ottawa Journal. Deputy ministers throughout the service are getting under pressure from the Government and revising their estimates. The revisions on top of cuts already made, will result in extensive deductions in staff, and in salary reductions for a number of the more highly paid officials who remain. In some cases abolished.

TOO MUCH TIME FOR AMUSEMENT

Bishop Richardson Speaks of Dancing and the Bridge Habit

His Lordship Bishop Richardson at Christchurch Cathedral, in the course of a sermon touched upon dancing, bridge and other amusements of the day. The sermon was based on the parable of the sower and the seed which fell among weeds which grew up and choked it.

Bishop Richardson mentioned the tendency for people of today to devote too much time to amusements of various kinds. Dancing was one of those amusements, bridge another and there were still others in themselves such amusements were harmless, but may become harmful. They were the weeds which grew up and choked out the seed. They choked out the qualities of life which were of the most importance. Care should be taken that such things were not allowed to occupy positions of importance which they were not entitled to.

\$2,800 In Bay Du Vin Church Plate

As a result of a campaign to pay off a mortgage of \$3,000 on the new Church of St. John the Evangelist Bay du Vin, there was placed on the collection plates Sunday, as an offering to Almighty God the sum of more than \$2,800.

This is more than double any other collection ever taken in this church.

Rev. Craig W. Nichols has only been the rector of this parish for three months. For the last ten years he was the rector of Westfield. He is a native of St. John.

Relieves Dyspepsia
M. D. advises: "Persons who suffer from severe indigestion and constipation should take after each meal and at bedtime, fifteen to thirty drops of the Extract of Roots known to the Drug Trade as "Mother Seigel's Curative Syrup." Get the Genuine."

HALIFAX TAKES McLELLAN CUP

South Enders Defeat Amherst by 53 to 39 Points

Three rinks of Halifax South End curlers, won the McLellan Cup Wednesday night by a score of 53 to 39

Worth Its Price

"We have cheaper teas, madam, but I think you'll find 'KING COLE' is worth its price." So said a wise grocer recently to a questioning customer. He was there not merely to serve her, but to serve her well. He might please her purse with the cheaper article but her final judgment of his service would be on the quality of the tea supplied. He wanted a satisfied customer.

This was one of the many merchants using "KING COLE TEA" in their own homes, and so he could say with sincerity: "It is worth the price."

"You'll Like the Flavor."

Even The Least Skin Irritation —

or any rough patch, soreness or eruption, should be regarded as a possible source of eczema or other painful, and obstinate skin disease.

Treat every troublesome place with Zam-Buk. This refined herbal balm (unlike fatty pore-clogging ointments), sinks deep into the skin. It soothes and purifies the whole tissue, drawing out all poisonous and pensive matter, clearing the skin and complexion in a wonderful way.

Zam-Buk

AND ZAM-BUK MEDICINAL SOAP

"A severe eczema started on my daughter's face and neck," says Mrs. H. Anney, 42 Lyall Ave., Toronto. "I was about to call in a skin specialist when I heard of this Zam-Buk treatment rescuing other sufferers. So I got a box of Zam-Buk and some Zam-Buk Medicinal Soap. The two ointments had a great soothing and purifying influence. Day by day the sores all gradually healed and within the month my daughter's skin was thoroughly cleared of an impurity."

The Zam-Buk balm is sold at 50c. the box. Zam-Buk Medicinal Soap 25c. the cake, 70c. box of three. Of druggists everywhere, or Zam-Buk Co., Toronto.

SOOTHES, PURIFIES & HEALS

Best Coal on the Market For Sale

Old Mine Sydney & Acadia Coals for Sale by bbl. Ton or Carload—Place your orders for Coal now—first Come—first Served.

ALSO A CHOICE LINE OF Groceries, Hay, Feeds and Flour

E. E. BENSON, - Newcastle, N. B.

Children Cry for

Fletcher's CASTORIA

MOTHER! Fletcher's Castoria is a harmless Substitute for Castor Oil, Purgative, Teething Drops and Soothing Syrups, prepared to relieve Infants in arms and Children all ages of

Constipation	Wind Colic
Flatulency	To Sweeten Stomach
Diarrhea	Regulate Bowels

Aids in the assimilation of Food, promoting Cheerfulness, Rest, and Natural Sleep without Opiates

To avoid imitations, always look for the signature of *Chas. H. Fletcher*. Proven directions on each package. Physicians everywhere recommend it.

A WOMAN SHOULD HAVE A BANK BOOK

EVERY woman has some little plan of things she would like to buy if she had the money.

It should be a woman's privilege to handle the housekeeping money. She can then plan for the things she needs, and save for them.

If you are a wise housewife you will save for these things. Loose cash in your purse soon goes—it tempts you to spend. Keep your money where it will be safe, yet available whenever you want it.

Ask for our useful memo book—it shows how rapidly small savings grow.

THE ROYAL BANK OF CANADA

THOMAS CLARKE, Manager
Newcastle, N.B.

Our Standard is up to Yours

You take pride in your home-baking. We also are proud of the unvarying quality of Quaker Flour. To be sure that it is uniform, it is tested every hour as it passes through our mills. Quaker Flour makes bigger, finer textured loaves, lighter pastry, better cakes. It is the best flour for all baking purposes.

Home-made bread is easy if made the Quaker way. Write for our tested recipes. They are free.

Quaker Flour

Always the Same—Always the Best

Every sack of Quaker Flour is guaranteed to give absolute satisfaction.

A product of The Quaker Mills, Peterborough and Saskatoon

DISTRIBUTORS
NEWCASTLE—E. E. Benson
NEWCASTLE—Baird & Peters
NEWCASTLE—Isaac Mitchell
LUDLOW—D.C. Hovry