



High Tension Work

TO understand the work of the girl at central is to sympathize with her—for hers is a continuous high nervous tension.

At these critical times, when help is so scarce and the wires so busy, the task of the telephone operator is made doubly trying on her nerves.

How like her own nervous system is the complicated electrical equipment which she manipulates.

The central station may be likened to the brain, and the cables and wires, which go out from it, correspond to the spinal cord and intricate nerve fibres which branch off to the members and organs of the body.

The electric current is similar to the nerve force in the human system, for without this nervous energy the human mind and body would be just as dead as a telephone system without electricity.

The continuous strain to which the brain and nerves of the operator are subjected exhausts the nervous energy at an enormous rate, and starved nerves cry out for nourishment with headaches, neuralgic and sciatic pains, nervous indigestion and sleeplessness.

The functions of the vital organs be-

come weak and irregular, as is shown by the feeble action of the heart and the tardiness of the liver and bowels.

It is comparatively easy to restore exhausted nerves if Dr. Chase's Nerve Food is used regularly when these early indications of trouble are apparent.

This food cure is also effective in the treatment of nervous prostration, and even in many cases of locomotor ataxia and partial paralysis, but when these ailments develop it is usually necessary that considerable patience and persistence be applied, as recovery must necessarily be a tedious process.

On this account we always like to look on Dr. Chase's Nerve Food as primarily a preventive treatment—a means of restoring feeble, wasted nerves while there is yet a foundation to build on.

Rest, gentle exercise out of doors, cheerful companionship help the sufferer from nervous exhaustion, but there must be additional nourishment supplied to the nervous system, and the ideal way to supply the essential elements is by the use of Dr. Chase's Nerve Food, 50 cents a box, all dealers, or Edmanston, Bates & Co., Limited, Toronto. Look for the portrait and signature of A. W. Chase, M.D., on the box you buy.

IN HONOR OF PTE. GARTH MILLER

On Sunday, November 17, at 3 p. m., a memorial service was held in the Baptist church at Cumberland Bay, Queens county, in memory of Pte. Garth Miller, who was killed in action on August 28.



THE LATE PTE. GARTH MILLER.

The day was fine and a large number of people gathered to do honor to one who had given his life so nobly.

Pte. Miller enlisted in February, 1915. He was first wounded on September 13, 1916, and had been back to the trenches but a few days when he was killed.

RECENT DEATHS

Mrs. Fred H. Scribner. Many friends will regret to learn of the death of Mrs. Fred H. Scribner, which occurred yesterday at her home, 8 Leinster street, of pneumonia. She was only twenty-five years of age. Beside her husband she leaves two small children, her parents, Mr. and Mrs. G. A. Gaulton, and three sisters—Mrs. A. Whitehouse, Mrs. Percy Cunningham and Miss Estella Gaulton. For Mr. Scribner there will be general sympathy in his great loss.

Frank K. Stuart. The many friends of Frank K. Stuart, of G. E. Barbour Company, Limited, will regret to learn of his death, last evening, at his residence, DeMonts street, after one week's illness of pneumonia. Mr. Stuart, who was thirty-five years of age, leaves his wife, a daughter of George Ross, of West St. John, and five children—one girl and four boys; also one sister, Miss Nellie Stuart.

In the Masonic fraternity Mr. Stuart was widely known, and was master of Carleton Union Lodge, F. & A. M. He was a member of Carleton Presbyterian church, and teacher of the boys' class and secretary of the board of trustees. For many years he had been connected with the management of G. E. Barbour Company, Limited. His sterling character and cheerful manner made for him many friends, and St. John loses one of her best citizens by his early death. The funeral will be held on Sunday, November 24 at 3 o'clock from his late residence in DeMonts street.

Robert E. Best. Robert E. Best of this city, died recently, after a two weeks' illness. He is survived by his wife and little daughter, Ruth, four brothers and three sisters.

The death of G. Rufus McDonough occurred at Minto, N. B., on Nov. 10 from pneumonia. He was a resident of St. Martins and leaves his mother, three brothers and one sister.

Miss Charlotte A. Patterson, of St. Martins, nurse, died in Vancouver, B. C., on Nov. 12 from influenza which developed pneumonia. She leaves one sister and two brothers.

The death of Marguerite Rita, the three-year-old daughter of Mr. and Mrs. Arthur O'Brien, 235 Britain street, occurred last evening in the epidemic hospital. Besides her parents she leaves three brothers and one sister. Two of her brothers and her sister are down with influenza.

\$1,500 TO ESCAPE SERVICE
Quebec, Nov. 22.—The preliminary inquiry into charges against certain offi-

Constipation, health's worst enemy, can be easily conquered with

"RIGA"

Purgative Water, which acts mildly, yet surely, without causing colic, cramps or weakness.

ON SALE EVERYWHERE. TRY IT TODAY. Distributors for the Maritime Provinces: NATIONAL DRUG & CHEMICAL CO. OF CANADA LIMITED, St. John and Halifax.

Rheumatism Every Winter

To be crippled by Rheumatism is to have life become an intolerable burden, especially in the winter, when the persistent cold and damp aggravate this complaint till it is almost unbearable.

Can you picture the dread that any man would hold winter in when all it meant to him was a yearly return of his Rheumatism and the agonizing pains that it brings?

Such was the case of Mr. A. Beaudry of Bedford, Que. Each winter he was forced to undergo the torture of Rheumatic pains, until he discovered Gin Pills. Read what he says about these little doctors:

"Every winter I suffered from Rheumatism, and this is the first season I have been able to go through without a return of my old trouble—thanks to Gin Pills. The pills are all you claim for them, and more."

Testimony such as this should convince even the most skeptical that Gin Pills do remedy Rheumatic troubles. If you have friends relatives who suffer from this dread affliction, tell them to try Gin Pills. So many people have written us stating in glowing terms how Gin Pills have relieved them of Rheumatic troubles, that we are convinced that all any person needs to do in order to obtain relief is—try them.

Sold in every town, village, city, or hamlet for 60c a box. The National Drug & Chemical Co. of Canada, Limited, Toronto, Ontario. U.S. residents should address N. D. & C. Co., Inc., 502 Main St., Buffalo, N.Y. 14201.

And citizens charged with selling exemption papers to draftees and paying money to obtain classifications that would keep them from the war, were continued here today before Judge Langelle. In one case it is said that a draftee paid \$1,500 to obtain a favorable classification.

KILLED BY LIVE WIRE

On Thursday evening the seven-year-old son of Mr. and Mrs. Clotis Gaudet of Amherst became entangled with a telephone wire that had been charged. His hand was badly burned and the shock led to almost instant death.

Appendicitis Operations Not Always Necessary

Internal Bathing Relieves the Cause.

Your physician will tell you that appendicitis is an inflamed condition of the little sack called the Appendix at the lower right-hand corner of the Colon or large intestine. By cleansing this Colon with purified warm water by the "J. B. L. Cascade" this sack is cleansed and the inflammation subsides. Hundreds of operations have been avoided by using the warm water cure for Appendicitis. Mr. Jas. McLaughlin, 91 Evanston street, Winnipeg, writes:

"I had spent over fifty dollars with doctors trying to cure Appendicitis. Finally the doctor said I must go to the hospital at once for an operation. Your advertisement interested me. I bought a 'J. B. L. Cascade,' which relieved me at once, and am now completely cured. I never felt better in my life, all pain and soreness gone, and I eat and sleep like a boy. I am grateful to Dr. Tyrrell for this wonderful health-giving invention." 85 per cent. of all human life are caused by accumulated waste in the Colon. Internal Bathing with the "J. B. L. Cascade" keeps this large intestine as free from all waste and as clean as nature demands it should be for perfect health. Ask E. Clinton Brown, Druggist, Corner Union and Waterloo Streets; also F. W. Munro, Dispensing Chemist, 357 Main Street, St. John, for booklet called "Why Man of Today is Only 50 Per Cent. Efficient." It is free. They will also be pleased to show and explain the "J. B. L. Cascade" to you.

TO RESTORE THE MEANS OF PRODUCTION IN DEVASTATED FRANCE

London, Oct. 31.—The aim of reconstruction in France and Belgium will be to restore the means of production, asserts Dr. Christopher Addison, British minister of reconstruction.

"The textile trades in Germany," he said, "may have counted upon the advantage which the destruction of looms would give them in the markets of the world. The burden of the restoration of the machinery must fall upon those who destroyed it."

It would be within the power of the Allies, said Dr. Addison, to withhold from Germany cotton or other goods until the Germans had made good the machinery they had destroyed. In the economic weapon, he pointed out, civilian life had a great means for obtaining international justice.

Oh! the Charm Of Beauty

Let Stuart's Calcium Wafers Restore The Color to Your Cheeks and Remove the Cause of Pimples, Blackheads, Etc.



Every one envies a beautiful skin just as every one envies a healthy person. Unlucky faces filled with pimples, discolorations, blackheads, etc., are nothing but unhealthy faces due to blood impurities. Cleanse the blood and the facial blemishes disappear.

You must not believe that drugs and salves will stop facial blemishes. The cause is impure blood filled with all manner of refuse matter.

Stuart's Calcium Wafers cleanse and clear the blood, driving out all poisons and impurities. And you'll never have a good complexion until the blood is clean.

No matter how bad your complexion is, Stuart's Calcium Wafers will work wonders with it. You can get these little wonder-workers at your druggist's for fifty cents a package.

Free Trial Coupon

F. A. Stuart Co., 715 Stuart Bldg., Marshall, Mich. Send me at once, by return mail, a free trial package of Stuart's Calcium Wafers.

Name _____
Street _____
City _____ State _____

Tells How to Stop a Bad Cough

Surprising results from this famous old home-made syrup. Easily prepared and costs little.

If you have a severe cough or chest cold accompanied with soreness, throat tickle, hoarseness, or difficult breathing, or if your child wakes up during the night with croup and you want quick help, try this reliable old home-made cough remedy. Any druggist can supply you with 2½ ounces of Pinex (50 cents worth). Pour this into a 16-oz. bottle and fill the bottle with plain granulated sugar syrup. Or you can use clarified molasses, honey, or corn syrup, instead of sugar syrup, if desired. This makes 16 ounces of really remarkable cough remedy. It tastes good, and in spite of its low cost, it can be depended upon to give quick and lasting relief.

You can feel this take hold of a cough in a way that means business. It loosens and raises the phlegm, stops throat tickle and soothes and heals the irritated membranes that line the throat and bronchial tubes with such promptness, and with such certainty that it is really astonishing.

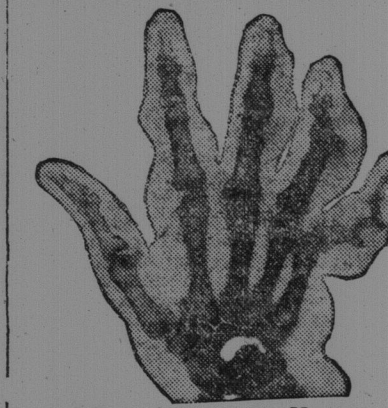
Pinex is a special and highly concentrated compound of genuine Norway pine extract, and is probably the best known means of overcoming severe coughs, throat and chest colic.

There are many worthless imitations of this mixture. To avoid disappointment, ask for "2½ ounces of Pinex" with full directions and don't accept anything else. Guaranteed to give absolute satisfaction or money promptly refunded. The Pinex Co., Toronto, Ont.

RHEUMATISM CONQUERED

I say that I can conquer rheumatism with a simple home treatment, without electrical treatment, stringent diet, weakening baths, or in fact, any other of the usual treatment recommended for the cure of rheumatism.

Don't shut your eyes and say "impossible," but put me to the test.



X-Ray of Rheumatic Hand.

You may have tried everything you ever heard of and have spent your money right and left. I say "well and good"; let me prove my claim: without expense to you.

Let me send you, without charge, a trial treatment of DELANO'S RHEUMATIC CONQUEROR. I am willing to take the chance and surely the test will tell.

So send me your name and the test treatment will be sent to you at once. When I send you this, I will write you more fully, and will show you that my treatment is not only for banishing rheumatism, but should also cleanse the system of Uric Acid and give great benefit in kidney trouble and help the general health.

This special offer will not be held open indefinitely. It will be necessary for you to make your application quickly. As soon as this discovery becomes better known, I shall cease sending free treatments and shall charge a price for this discovery which will be in proportion to its great value. So take advantage of this offer before it is too late. Remember the test costs you absolutely nothing. F. H. Delano 777-K, Delano Bldg., Syracuse, N. Y.

Note—Orders for Delano's Rheumatic Conqueror will be filled from their Canadian Laboratories without duty.

USE The Want Ad Way

NEW DIRECTORS.

At a meeting of the exhibition directors yesterday in the office of the secretary, Horace A. Porter, the following additional directors were appointed to the board: Hon. W. E. Foster, Hon. Mr. Tweedie, minister of agriculture; W. R. Reek, secretary of agriculture; W.

Hubbard, manager of the dominion experimental farm; Dr. J. E. Hetherington, M.P.; F. B. Schofield; T. H. Belandier; F. R. Holman; Mrs. G. A. Kubring and Mrs. H. T. Lawrence.

W. Hubbard, manager of the dominion experimental farm; Dr. J. E. Hetherington, M.P.; F. B. Schofield; T. H. Belandier; F. R. Holman; Mrs. G. A. Kubring and Mrs. H. T. Lawrence.

"Oh It's Me!"

Cries Many a Woman Whose Weakened Run-Down Condition Makes Her Cross, Irritable, Wrinkled and Old Before Her Time.

Most Women Who Tire Easily, Have Fits of the "Blues" or Look Pale, Haggard and Worn, Need More Iron in Their Blood to Strengthen Their Nerves and Put Color in Their Cheeks, Says Dr. Kenneth K. MacAlpine, President New York Surgeon and Former Adjunct Professor New York Post Graduate Medical School and Hospital.

With the divorce courts showing an ever increasing number of homes broken up often through woman's highly nervous state—with thousands of women leaving their business positions or unable to attend to their household duties because of their weakened run-down conditions, and still others whose constant complaining make life a burden to themselves and to their families, it should be especially interesting to the public generally to read the opinion of such a medical authority as Dr. Kenneth K. MacAlpine, a prominent New York surgeon, member of the New York State Medical Society and for 16 years Adjunct Professor of the New York Post Graduate Medical School and Hospital, who tells below how by increasing the supply of iron in the blood, women may become stronger, healthier and more successful in the home, social and business life.

Dr. MacAlpine says: "In my opinion practically nine out of every ten women who suffer from 'Nerves' can improve their health, strength, vitality and general appearance by getting more iron in their blood. You can tell the women whose blood is rich in strength-giving iron, they are the beautiful, healthy, rosy-cheeked ones, radiant with life, vim and energy—enjoyed and sought after everywhere they go. Yet despite all that has been said and written by physicians about the alarming iron deficiency in the blood of the average American woman, if today there are still thousands who need something to increase their red blood corpuscles and build up their strength and endurance and are either restless of their condition or do not know what to take. In my opinion there is nothing better than organic iron—Nuxated Iron—to help make healthy, all-blooded, beautiful women. By enriching the blood and increasing its oxygen carrying power Nuxated Iron will often transform the flabby flesh, unclean tissues, and pallid cheeks of nervous, run-down women into a glow of health and make them look years younger within a surprisingly short time."

"If people would only realize that iron is just as indispensable to the blood as air is to the lungs and be just as particular about keeping up a sufficient supply at all times there would, in my opinion, be far less disease resulting from anemic, weakened conditions. For



Physician Says Anemia—Lack of Iron in the Blood—is the Greatest Cause to the Health, Strength, Vitality and Beauty of the Modern American Woman

Administration of Nuxated Iron Will Often Increase the Strength and Endurance of Weak, Nervous, Careworn Women in Two Weeks' Time and Make Them Look Years Younger.

years it was a problem with physicians how to administer iron in a form that could be taken up by the system and increase the red blood corpuscles without upsetting the stomach, blackening the teeth or producing other disorders almost as serious as the lack of iron itself. But the introduction of Nuxated Iron has done away with all the objectionable features of the old mineral salts of iron and gives to every careful, thinking physician a tried and valuable prescription which he can recommend nearly every day with benefit to his weakened and run-down patients. In my opinion, Nuxated Iron is the most valuable tonic strength and blood-builder any physician can prescribe."

In commenting upon Dr. MacAlpine's article on "Nerves," Dr. Ferdinand King, a New York Physician and Medical Author, says: "Such words coming from so high a medical authority as Dr. MacAlpine must carry great weight with every thinking person. I regard Dr. MacAlpine as one of the most careful and conservative of physicians and if I had an operation to be performed on myself I know of no other surgeon whom I would rather have perform it. I fully agree with Dr. MacAlpine that there can be no healthy, rosy-cheeked woman without iron. I have strongly emphasized the fact that doctors should

prescribe more organic iron—Nuxated Iron—for their nervous, run-down, weak, haggard looking women patients. Anemia—iron deficiency—is the greatest cause to the health, strength, vitality and beauty of the modern American woman. Lack of iron in the blood may often transform a beautiful, sweet-tempered woman into one who is cross, nervous and irritable. When the iron goes from the blood of women, the roses go from their cheeks."

Dr. George F. Baker, formerly Physician and Surgeon in Monmouth Memorial Hospital of New Jersey, says: "During convalescence from SPANISH INFLUENZA (La Grippe) I find Nuxated Iron to be of great Benefit."

Tired Nervous Mothers

Should Profit by the Experience of These Two Women

Buffalo, N. Y.—"I am the mother of four children, and for nearly three years I suffered from a female trouble with pains in my back and side, and a general weakness. I had professional attendance most of that time but did not seem to get well. As a last resort I decided to try Lydia E. Pinkham's Vegetable Compound which I had seen advertised in the newspapers, and in two weeks noticed a marked improvement. I continued its use and am now free from pain and able to do all my household work."—Mrs. E. B. ZIELINSKA, 202 Weiss Street, Buffalo, N. Y.

Portland, Ind.—"I had a displacement and suffered so badly from it at times I could not be on my feet at all. I was all run down and so weak I could not do my own work and I gave Lydia E. Pinkham's Compound the credit."—Mrs. JOSEPHINE KIMBLE, 935 West Race Street, Portland, Ind.

Every Sick Woman Should Try

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.