

Overindulgence

Some day you may eat too much. Some night (if you're a man) you may drink more than is good for you. For all excesses in eating and drinking



is best because it acts on the liver, moves the bowels and gets rid of whatever may be overloading your stomach. For any sickness of the sort—constipation or stomach and liver troubles take an NR tablet to-night and you'll feel better in the morning.

Get a 25¢ Box.

Samuel Hawker, Druggist  
St. John, N. B.

The Successful Woman.

Every woman who succeeds after a different fashion. It is not a matter of success means in the fullest sense of the word, the doing of the things that come to us to do in the very best manner that can be done. Unfortunately, the meaning of the word has been lost sight of in this age of commercialism and, to the average mind, it means nothing but money.

What does success mean to a woman? The question is a difficult one to answer. Col. Theodore Roosevelt, Kaiser Wilhelm, the late Grover Cleveland, Cardinal Gibbons, Queen Alexandra of England and other people of equal prominence have given time to the study of the question declare that the woman's sphere of action should be limited to the home, to the raising of children and to church and charitable duties. Some eminent authorities would even limit the sphere of women to the home and the children. In an article published some years ago, Mr. Cleveland held his stand on the subject, and became a target for every effragette in the country. He failed, however, to retreat from his position. He forcefully declared that the greatest success a woman can attain is in the proper care of her home and the raising of children into useful and law-abiding citizens.

However, this is only one side of the subject. No less a student of men and things than the late Senator Hoar, of Massachusetts, held that every sphere of activity open to men should be opened to women. He saw a great future for them in public life—he saw a chance of many of them reaching success.

The instances of American women who have reached a high degree of success are many. Miss Jane Addams, the Chicago Settlement worker and a member of the Board of Education in that city, has been a life of conspicuous usefulness. She is, according to former Mayor Dunne, of the Windy City, "the most useful citizen in Chicago." Susan B. Anthony reached an eminence in her chosen work of that sort that her life was successful.

In every city and town in the country there are women who, following out their own ideas, have been successful along the lines of life which they have chosen or into which they have been forced by necessity. The sweatshop worker does not enter upon the hard, long, lonely life of the shop because she wishes to do so. It is a case of bread and butter with her, and if she accepts her work cheerfully, she does it as well as it can be done, she is successful.

The writer came into contact recently with a washerwoman whose sphere in life was narrow, but she had the proper spirit. She radiated good nature over her suds and soiled linen. In her work she always aimed at the fullest of achievement, and when she brought her wash home she was proud, indeed, as each piece was removed from the basket. She knew her work was as well done as it was possible for anyone to do it. This was her ideal of success, and she was right.

The typewriter girl who has done her



Both Equally Successful.

work as well as she knows how is another type of the successful worker. She clicks her fingers to success over the keys of her machine—many times when the back is weak and the eyes and brain are weary. The more arduous the work the greater the degree of success that is her portion. The amount of remuneration may not be as large as she would desire, but the consciousness of giving satisfactory service proves her high ideal of duty.

Women are living and others have lived through the centuries. They have been very useful in the world. Religious and other communities have been the sphere of their endeavor. As executive heads of large institutions, as teachers of the young, as nurses in hospitals in times of great disasters and on the battlefields they have, unnoticed and unknown, done their share of the world's work. Lives of self-sacrifice and of doing for others are the ideals of

HON. DR. PUGSLEY WELCOME INVESTIGATION

Minister of Public Works Again Refers to the Report of the Central Railway Commission and the Items Which It Did Not Contain—One Misstatement of 1,000 per cent. Exposed—Partisan Report Falls Flat

"I observe," said Dr. Pugsley, "that there is considerable talk in the Conservative papers to the effect that the directors of the company, including myself as an ex-officio director, should be called upon to account for the moneys received by the company. You may say that so far as I am concerned—and I believe the same remark applies to all the directors of the company now living—I would welcome any further enquiry which might be instituted."

Such was the reply of the Minister of Public Works when a Telegraph reporter last evening directed his attention to some of the statements now being put forward by the Conservative newspapers in connection with the report of the Central Railway Commission.

Dr. Pugsley added that the political complexion of the commission and their conduct was more than enough to show that the report was not a fair one. He regarded the whole thing as another attempt of the Conservative party to discredit him politically—an attempt certain to fail as the other attempts have failed. Such, indeed, is the general impression created by the report of the commission, and it is not surprising that the evidence was heard months ago.

It was no worse or no better now than it was at first, but since it was heard last week and printed in all the newspapers, the Federal elections have been held. The directors of the province in October last showed how little they thought of the evidence elicited by the commission when they returned Dr. Pugsley and ten other members of the commission to office. The public was not excited or impressed by the evidence heard before the commission, and it was not until the report of Mr. Powell's dramatic efforts, the commission's report now retells an old story with new trimmings. The public was not excited or impressed by the evidence heard before the commission, and it was not until the report of Mr. Powell's dramatic efforts, the commission's report now retells an old story with new trimmings.

DEADLY CONSUMPTION STARTS FROM CATARRH

Thousands Think Catarrh is Cold, Neglect It and Die.

Last year forty per cent. of all deaths were from consumption. These people all had catarrh in the first place, but neglected it.

Can't you realize the awful, horrible mistake of not curing catarrh now? To-day, nearly every one out of all taints of Catarrh, nothing can act so beneficially as "Catarrhine," which is acknowledged by the name of the ordinary cure can do this. Catarrhine is carried along with the air you breathe through the mouth, and having no odor, and no taste, it is not noticed by the patient. It is a powerful germicide, and it kills any germs that may be lurking in these passages. No matter how remote these germs may be, they are killed by the action of Catarrhine. It is a powerful germicide, and it kills any germs that may be lurking in these passages.

Pay When Cured

You are the Man who is Weak, and wants to be Strong. I am the Man who has the Means of Restoring Vigor to Weak Men.

Be a Man Among Men. Strong Men Rule the World.

You have tried drugs and have not been cured, so you now want the cure before you pay.

To men who are rundown, weak and puny, who have lost the force of vitality, who feel gloomy, despondent and unable to do battle with the affairs of life, who have Rheumatism, Back Pains, Weak Stomach, and Kidneys, and feel generally as if they needed to be made over. If that man, come to me, and if I say Kidneys, and feel generally as if they needed to be made over. If that man, come to me, and if I say Kidneys, and feel generally as if they needed to be made over.

Box 364, Brampton, Ont. Mar. 4, '09. Dear Sir:—I purchased one of your Belts about a year ago, and I am twenty-four pounds heavier than before I got your Belt.

Wherever you are I think I can give you the name of a man in your town that I have cured. Just send me your address and let me try. This is my twenty-fourth year in the business of pumping new life into worn out humanity, and I've got cures in nearly every town in the map. Come and see me if you can, and I'll fix you up, or if you can't, I'll send you a letter, if you enclose this coupon.

Office Hours—9 a.m. to 5.30 p.m. Wednesdays and Saturdays till 8.30 p.m.

Had Heart Trouble and Shortness of Breath For Six Years.

Was Weak and Thin—Only Weighed Seventy-three Pounds. Now Weighs One Hundred and Thirteen.

When you find your heart the least bit out of rhythm, your nerves unbalanced, your breath short, don't wait until you are prostrated on a bed of sickness. Take Milburn's Heart and Nerve Pills. They'll put you in such condition you'll be able to do anything you want to do.

Price 50 cents per box or 3 boxes for \$1.25 at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

DESPERATE MEN CAUGHT WHO POSE AS RESPECTABLE

Brooklyn Police Declare Krunich and Grizhander are Marauders By Night, Otherwise By Day

(New York World). Respectable men by day and desperate ones by night, according to the police, has been the manner of existence of Herman Krunich, thirty-one years, and Meyer Grizhander, forty-six years old, who were arrested yesterday in the Adams street Court, Brooklyn.

BRITAIN MUST LEARN OF CANADA

That, Says Sir Hugh Graham, Must be One Big Object of the Press Conference—The Canadian Delegates

Sir Hugh Graham, interviewed in London by the Daily Mail, in speaking of the Imperial Press Conference, said:

"This idea is a magnificent one so far as general hospitality and good intentions are concerned, but it will be absolutely abortive of important beneficial results unless one of them is an awakening of the British people to Canada's actual condition and possibilities and a direction is given to British emigration policy which will result in the British population being sustained in comparison with the foreign population. It is well known and needs no reiteration that the British population of Canada is loyal to the crown, and in this regard must be included the French Canadian as a British subject, and they are loyal to the crown. The foreign population of Canada is increasing, and the British in actual figures as a fraction of the whole is not holding its own."

5,000 FACTS ABOUT CANADA

The 1891 edition is out of that most useful and valuable booklet, "5,000 Facts about Canada," compiled by Frank Yeigh of Toronto, who is widely known throughout the Dominion as an authority on things Canadian. Nearly 25,000 copies were sold of the 1907-08 edition, the demand coming from every part of this continent and of the British Empire. The idea worked out, that of a concrete fact in a sentence, is an excellent one, the data being arranged under such self-indicating titles as area, agriculture, banking, commerce, finance, mining, railways, wheat, flocks, etc. The wealth of material contained in small space is a revelation to even a well informed Canadian of the standing and resources of the country. The book is published at 25 cents a copy by The Canadian Facts Publishing Co., 667 Spadina Avenue, Toronto, Canada, may be had from newsdealers.

Mrs. Tom Thumb, now the Countess Magri, has just left the famous Tom Thumb estate at Middleboro, Mass. for a six months tour of the Parisian theatres. The little lady is now 67 years old. Gen. Tom Thumb and his midwife made several tours of the world and were received by royalty and the people in all the courts of Europe. There is probably not a city of the United States or Canada where the Countess Magri is not known. It is expected that by reason of her advanced age this Parisian tour will be her last public appearance.

Stop it! Why cough? Stop it!

Stop coughing! Coughing rasps and tears. Stop it! Coughing prepares the throat and lungs for more trouble. Stop it! There is nothing so bad for a cough as coughing. Stop it! Ayer's Cherry Pectoral is a medicine for coughs and colds, a regular doctor's medicine. Use it! Ask your doctor if this is not good advice.

Vale! The Easter Parade.

At least—not in the really exclusive circles, with the really smart people. The bourgeois, you know, nowadays, to do one's Easter attire and parade up and down the avenues. Mildred of Fashion, of the present, goes to Easter service, quietly attired in clothes she has worn many times before. To be sure she has her Easter hat and her Easter gloves, but they are not to be worn on Easter day.

No, indeed! One must not do that, you know! Such a display is to be expected of the people whose children are miserable unless they can leave for Sunday school on Easter morning wearing hats several years too old for them and the inevitable white gloves and stockings. To be sure, such a display is entirely correct for people of that sort—but for Mildred, never!

One sort, be it understood, saves her Easter attire until Easter morning, then does it and sallies forth. But the other, Mildred's "set," wears hers before Easter, leaves it off Easter day, appearing in garments old, and does not do it again until her Easter day.

What! Mildred on parade, so to speak, on Easter day! Mildred, in Easter attire, promenade and parade, and all can afford to wear a new walking suit and a new chapeau on Easter day! Horrors! And so—since Mildred's "set" wears hers before Easter, and yes a thousand times yes—revolt! Adieu! Adieu!

For to come to the point, it is not "vale" nor "until we meet again"—fair Easter parade—not "good-bye, farewell!"

For, despite Mildred and her notions, the Easter parade goes on and will go on, from the Garden of Eden till the end of doom. There may be wars and rumors of wars—and dire prophecies of the dethronement of the Easter parade—but, my good friends, while stockinged children, remains steadfast. For Mildred, despite her promise will be there. You will see her and she will see you.

So—Hail, Easter parade! Welcome to our city!

NGERSOL'S CREAM CHEESE

"Spreads Like Butter." Sold only in 1 lb. and 5 lb. blocks. For sale by all Grocers. Manufactured by The Ingersoll Packing Co. Ltd., Ingersoll, Ontario, Canada.

It's Your Liver That Makes You Constipated

The bowels move only when the liver gives up enough bile. To correct Constipation, you must correct the torpid, sluggish liver. Abbey's Salt regulates the bowels by regulating the liver. It makes the liver active and healthy—cures Constipation—and is a tonic for the whole system.

Abbey's Effervescent Salt

25c. and 50c. a bottle. At all druggists.

GRUESOME STORY FROM THE NORTH

Man Found Partially Devoured in the Quebec Woods—Guide Blamed for Cannibalism, but Not Guilty

Reberval, P. Q., April 9.—The coroner's jury, which has been investigating the extraordinary mystery surrounding the death of Auguste Lemieux in the wilds of Northern Quebec, this afternoon, brought a verdict completely exonerating Joseph Grasset, the only man alive apparently who knows anything at all about the affair.

At the same time the jury found that the circumstances pointed to the third member of the party, a Frenchman named Bernard, as the guilty party, and it was ordered that he should be arrested if he ever turned up. It is not, however, thought that Bernard will ever be seen again, the general opinion being that after the death of Lemieux and the apparent eating of part of his body Bernard lost his way in the wilds and either starved to death or was drowned.

Grasset was the only man who knew anything about the affair. He stated that he had gone north with the men hired to help him on a four months hunting trip. But they had hard luck, and running short of provisions, he sent the two back to where some food was cached and went on alone. That, he stated, was the last he ever saw of either the men. Later Lemieux's body was found by some Indians, he having evidently been murdered and part of his body eaten, the fleshy portions of his body being gone, while the limbs were hacked off and showed that much of the flesh had been eaten away.

\$100 Reward. \$100 The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in the last 30 years and that is Catarrh. Catarrh is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acts directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have in doing this work, and it is guaranteed to cure or your money back. Small size 25c. and 50c. at all druggists, or by mail from The Catarrhine Company, Kingston, Ont.

Remove Those Unsightly Warts By applying Putnam's Corn and Wart Extractor. It cures corns, warts and bunions, permanently, painlessly and surely. Every druggist in America recommends and sells Putnam's; it's the best.

Naples, April 7.—A young man, supposed to be an American, after dining at Torregavata, near Pozzuoli, climbed to the top of a high hill and threw himself from it yesterday. He was picked up dead. A book found in his pocket contained the inscription, "I, MacPherson, Seattle."

Twenty thousand Irish people now in receipt of aid are anxious when it is stated he recited off the roll.

Stop That Cold

To check early colds or Grippe with "Preventi" is sure. To stop a cold, preventi is sure. To stop a cold, preventi is sure. To stop a cold, preventi is sure.

Preventi is a little candy cold cure. No Quinine, no physic, no nauseating. Nice for the children, it keeps you cool all over, and it kills the cold. Preventi is a little candy cold cure. No Quinine, no physic, no nauseating. Nice for the children, it keeps you cool all over, and it kills the cold.

Preventi

SOLD BY ALL DRUGGISTS