

THE BEST WAY—WITH IRON

One of the most essential of all food elements—yet our modern diet is almost entirely lacking in them. If you are weak, pale, sickly—if you are nervous, irritable, and can't sleep nights—if your vitality is low and you are getting old before your time—then try this remarkable new tonic. You will notice a good improvement in your condition, even after the first few days use. Pinkies, boils, and other skin blemishes usually disappear entirely within two weeks. Everywhere people are saying that Ironized Yeast is just the tonic they needed.

IRONIZED YEAST Tablets

Each package contains 10 days' treatment and costs only \$1.00—or just 10¢ a day. Special directions for children in each package. Sold at all druggists. Made by the Ironized Yeast Company, Atlanta, Ga.

Economy

Lies not only in the price, but largely on quality. Radio Pea Coal combines the highest quality with a comparatively low price.

Coal Co. Ltd.

Book, 551 Charlotte Street. M. 1913

Public Meeting

Nov. 18, 8 p. m. DRESSES BY M. M. Baxter, Gray MacLaren, Liberal and Conservative Party, St. John-Albert.

Women's Meeting

Nov. 21, 8 p. m. and a message from prominent L. P. D. TILLEY, General Chairman.

OLD CHUM

TOBACCO. In tins and packs.

CARNEGIE PREDICTED WORLD CONFERENCE A DECADE AGO

Words Expressed at Pan American Dedication Come True—Building is Fitting Place for Sessions.

Washington, Nov. 14.—When the late Andrew Carnegie bequeathed the American republic building to the Pan-American building trust, did he expect that 11 years after his dedication, the spacious Hall of the Americas would be the scene of the meeting to discuss the limitation of armaments.

And yet, in his speech at the dedication of the Pan American building, April 26, 1910, he said: "One of the chief missions of this edifice should be to draw together the diplomats and representative men of all our Republics and enable them to know each other—and learn of their earnest desire for the prosperity of all their neighbors and their anxious hope that peace shall ever reign between them. These statesmen will become lifelong friends to whom may safely be entrusted the settlement of any international difference that may arise."

—This then, is one of the greatest missions of this international meeting ground in which we are assembled. Nor will its mission be fulfilled until every Republic, and, I fondly hope, Canada also, is included, shall have agreed to lay aside the sword."

High over the heads of the diplomats, and other representatives of the nations who will meet in the great Hall of the Americas, are in the four corners of ornate room in meditation of deep relief, is the significant word "Pax."

Representing 21 American Republics the structural lines of the building exemplify the dominant architecture of 20 of the American Republics all of Latin origin. It represents a combination of the classical and Spanish Renaissance, evolved by Albert Kelsey and Paul P. Cret of Philadelphia, and chosen from 75 designs considered. The site is at the corner of 17th and B streets, facing on Seventeenth where slightly to the north are located Continental Hall of the Daughters of the American Revolution and Red Cross Headquarters. Across the street to the east lies part of the Capital's great Mall including the White Lot.

The white marble building, situated near the front of five-acre tract and covering a whole square, is approached through a formal entrance garden set with pebbled walks and bordered in low shrubs and hedges. Broad, low steps lead to three monumental doors of bronze and glass, and a decorative iron work, and flanked on either side by stately groups representing North and South America. Entering, one first steps into a lofty vestibule from which lead reception rooms and conference rooms. North America behind. A typical Latin American patio or garden courtyard confronts one. The atmosphere, essentially tropical, is maintained throughout the year. In Summer the great sliding roof of glass is rolled back under the eyes of the adjacent roofs of twin staircases which lead on either side to the balcony, surrounding the patio, and the assembly rooms above. Exotic southern plants flourish within the courtyard, palms, bananas, coffee and other tropical plants fringed and foliage toward the pylon-like frieze above; squawking, brilliantly colored monkeys and parrots lead to the tropical scene. The patio is paved in tile decorated with metallic figures reproducing old Aztec and Inca scenes. In the center an illuminated Aztec fountain plays, its water falling into a pool below.



Indoor Life

Spending more time indoors makes women far more subject to constipation than men.

The liver becomes sluggish and torpid, the bowels constipated and the system poisoned by impurities.

If you would get away from the myriads of ills which result from constipation, it is only necessary to use Dr. Chase's Kidney-Liver Pills.

The benefits from their use are as lasting as they are prompt and certain.

Mrs. John Barry, 18 St. Amable Street, Quebec, Que., writes:

"This is to certify that I was troubled for years with constipation and tried all kinds of medicines without relief. At last my husband suggested that I try Dr. Chase's Kidney-Liver Pills. I did so, and must say that they have given me more relief than all the medicines I have taken during the last fifteen years. I may also add that I have used Dr. Chase's Kidney-Liver Pills with excellent results."

Dr. Chase's Kidney-Liver Pills, one pill a dose, 25¢ a box, all dealers or Edmondson, Bates & Co., Ltd., Toronto.

LLOYD GEORGE WELCOMES THE U. S. PROPOSAL

Prime Minister Keeping in Daily Touch With Proceedings at Washington.

AIRCRAFT PRESENTS STUMBLING BLOCK

If Proposals Become Actualities U. S. Would Be Superior in Air and Submarine Warfare.

London, Nov. 14.—Officials in Downing Street today, declared frankly that Mr. Lloyd George cordially welcomed the scheme for the United States naval restriction programme as laid down by Secretary of State Hughes at the initial session of the Washington conference last Saturday. The Prime Minister is keeping in close touch with proceedings at Washington, A. J. Balfour, head of the British delegation, already has submitted a report, and it was said today that there would be daily communication between him and Mr. Lloyd George's special staff, the Government of which is emphasized, however, that the policy of the British delegates in the United States capital was being dictated from London.

Favor Principle Laid Down

It was pointed out that, while neither Mr. Lloyd George nor Mr. Balfour had the requisite technical knowledge to approve of the United States proposal, they were both heartily in favor of the general principles contained in the proposal. "The United States naval restriction proposal could be carried out with greater benefit to Great Britain than to any one else, because of the very fact of our sea communications," declared Mark Kerr, head of the British naval mission to Geneva, in an article published by the Evening Standard today.

Aircraft Stumbling Block

Admiral Kerr suggested, in his article, that any nation, not wishing to build up 500,000 tonnage, might spend that it thus saved on battleships in building aircraft, submarines and destroyers. "There is no getting away from the fact that battleships are of no use in case of war between countries situated far apart, and where geographical position does not act as it did in the late war. It is obvious that Great Britain has more than enough capital ships in Europe, and the scrapping of capital ships, which are beyond her home requirements, is entirely in her favor and is a great measure of economy as well."

"Therefore," he declares, "the flotillas must preserve the ocean routes, and in this Great Britain has the advantage of her enormous superiority in the number of her coaling stations."

WHAT CAUSES HEADACHES?

"Fruit-a-lives" Prevents Auto-intoxication

Auto-intoxication means self-poisoning. Many people suffer from partial constipation or insufficient action of the bowels. Waste matter which should pass out of the body every day, remains and poisons the blood.

As a result, there is Headaches, indigestion, disturbed stomach, Pain in the Back, Rheumatism and Eczema and other skin diseases.

"Fruit-a-lives" will always relieve Auto-intoxication as these tablets, made from fruit juices, gently on the bowels, cleanses and keeps the blood pure and rich.

50¢ a box, 6 for \$2.50, trial size 25¢. At dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

ROADS MOVE TO CUT WAGES OF R. R. EMPLOYEES

Rail Pay and Rates Must Fall Together at Once, Say Executives.

New York, Nov. 14.—The railroads intend to establish concurrent reductions in wages and freight rates without delay. The next two or three days the 2,000,000 railway men in the United States will be notified by their respective management of proposals carrying a new and further reduction of 10 per cent. in the wages of train service employees and cutting all other classes of workers down to the going rates paid for similar kinds of work in non-transportation industries.

The resultant saving in operating expenses, estimated at between \$100,000,000 and \$400,000,000, will be passed on at once to shippers and the general public in horizontal reductions in freight charges.

Members of the Association of Railway Executives, representing more than 95 per cent. of the railroad mileage in the United States, met in the board room of the New York, New Haven and Hartford Railroad yesterday to determine the quickest means of putting the issue of lower wages before the Railroad Labor Board and that of rates before the Interstate Commerce Commission.

Unwaved by Strike Order. It was announced that neither the recently averted strike against the wage reduction effected last July nor the statement of the Railroad Labor Board that no further wage revision for any class of employees would be considered pending disputes over working rules have been decided will deter the carriers. They will try to follow the execution of the Association of Railway Executives on October 14 to wipe out the remainder of the 22 1/2 per cent. wage increase of 1920 and immediately to translate the saving into decreased transportation charges.

Just How It Should Be Done

You will straighten out the articles on your dressing table, put soiled clothing in the proper bag, and fold the bed clothing back before leaving the room in which you are a guest.

You will observe the rules of the house in which you are a guest, being present for family worship if it is held in the morning.

You will be exceedingly considerate of your hostess in the use of the telephone, her conveyance or other conveniences don't keep the conveyance overtime.

WANT OUR APPLES

The secretary of the Board of Trade has received a letter from a firm of potato shippers in Havana, in which they have been importing potatoes from New Brunswick for years and have found them as good as any on the market until lately, but that of late a large quantity of the shipments have arrived in bad condition. The letter also says that they are in the market for the importation of apples.

The imports this year were declared far below normal, due to the prohibitive price of the California fruit. The firm think that there is a good chance for maritime provinces exporters in the Havana market. Latest prices are quoted as follows: Gravenstein, \$4.50 a case of from 175 to 285 apples; Ben Davis (which is the most popular kind in that country), \$12.50 a barrel; "Delicious's Best," \$7 a case of from seventy-two to ninety-six; \$4.50 a case of from 113 to 125.

About The Donkey.

Many of you have enjoyed donkey rides and most of you have seen donkeys drawing small carts along. A donkey has the name of being stubborn, because at times he will refuse to move on, but he is seldom stubborn when he is treated kindly. Indeed, unkind treatment makes him very obstinate indeed.

The best donkeys are found in Spain, Italy, Malta and Egypt. Some of these are almost as large as our English horses. The wild ass from which our domestic donkey has descended is found in parts of Africa, India and Asia.

Isaac Patchell Badly Injured

Fell from Staging on Prince Edward Street House—Being Treated at the Hospital.

At about 3.45 o'clock yesterday afternoon Isaac Patchell, a carpenter, fell from the staging of a house in course of erection on Prince Edward street, which is being built by Arthur Wakim. Mr. Patchell was removed to the home 25 Richmond street, and he refuses to move such that it was found necessary to remove him some two hours later to the General Public Hospital.

There it was found he had suffered injuries to his neck, back and leg, and was suffering considerably from shock. As he is an elderly man his condition is considered serious. Owing to the state he was in, no attempt could be made to determine if any bones had been broken, and this will not be ascertained until an X-ray examination can be made.

Further Efforts Made To Remove Cattle Embargo

Deputation Urges in Strong Terms That British Embargo be Removed at Once.

London, Nov. 14.—(Canadian Press Cable)—A deputation representing the Importation of Canadian Cattle Association, today waited on the Minister of Agriculture, Sir A. Griffith-Boscawen, and urged, in the strongest possible terms, that the embargo against Canadian cattle be removed without further loss of time.

After the deputation had stated its case, the minister replied that, in the first place, the report of the evidence given before the royal commission on cattle importation, was published only this morning and, consequently, all parties concerned had not had time to consider this evidence. In the second place, legislation would be required to remove the existing embargo, and it had been impossible, in the short session which had just terminated, to introduce such legislation because the session had, by common agreement, been devoted exclusively to questions concerning Ireland and unemployment.

The minister added that he fully realized the strength of the movement in favor of the removal of the embargo, but pointed out that there was, on the other hand, a very large and extensive movement against such a policy. He undertook to report the views expressed by the deputation and put the whole case quite impartially before the cabinet which would doubtless consider the matter at an early date.

Are You Human?

A little baby. A little child. Don't they appeal to you? Doesn't your heart yearn to pick them up, to cuddle them close to you, to shield them from all harm? sure it does else you're not human. Being human you love them. Their very helplessness makes you reach out in all your strength to aid them. In health there's no flower so beautiful. In illness there's no sight so black.

Save them then. Use every precaution. Take no chance. When sickness comes, as sickness will, remember it's just a baby, just a child and if the Physician isn't at hand don't try some remedy that you may have around the house for your own use.

Fletcher's Castoria was made especially for babies' ills and you can use it with perfect safety as any doctor will tell you. Keep it in the house.

Children Cry For Fletcher's CASTORIA



A Word About Truth.

"Great is Truth, and mighty above all things." So says the Old Testament, yet it is equally true to-day. Truth shows no favors, fears no enemies.

From the inception of Fletcher's Castoria, Truth has been the watchword, and to the conscientious adherence to this motto in the preparation of Fletcher's Castoria as well as in its advertising is due the secret of its popular demand.

All imitations, all substitutes, all just-as-good preparations lack the element of Truth, lack the righteousness of being, lack all semblance even in the words of those who would deceive.

And you! Mothers, mothers with the fate of the World in your hands, can you be deceived? Certainly not.

Fletcher's Castoria is prepared for Infants and Children. It is distinctly a remedy for the little-ones. The BABY'S need for a medicine to take the place of Castor Oil, Purgative and Soothing Syrup was the sole thought that led to its discovery. Never try to correct BABY'S troubles with a medicine that you would use for yourself.

MOTHERS SHOULD READ THE BOOKLET THAT IS AROUND EVERY BOTTLE OF FLETCHER'S CASTORIA

GENUINE CASTORIA ALWAYS Bears the Signature of Chas. H. Fletcher



WHO'S WHO IN THE CONFERENCE

(By United Press)

Washington, Nov. 14.—(The Delegation of the principal Powers and China to the Conference on Limitation of Armament and Far Eastern Questions, opening here today are:

United States. Charles Evans Hughes, Secretary of State, and head of the American Delegation.

Great Britain. Henry Cabot Lodge, United States Senator from Massachusetts, Chairman of the Senate Foreign Relations Committee, and Republican Leader in the Senate.

France. Oscar W. Underwood, United States Senator from Alabama, Democratic Leader in the Senate.

Canada. David Lloyd George, Prime Minister of Great Britain, considered the ablest statesman of Europe. He will head Britain's delegation to the Conference (if conditions in his country permit).

Japan. Arthur J. Balfour, Lord President of the Council of Great Britain, another distinguished statesman and prominent in the League of Nations.

Australia. Lord Lee of Fareham, First Lord of the Admiralty.

India. Sir Robert Borden, Former Prime Minister of Canada representing Canada.

Germany. George Foster Pearce, Minister of Defence of Australia, for Australia.

Belgium. V. S. Srinivasa Sastry, Member of the Vice-Royal Council of the Government of India, for India.

Portugal. Sir J. W. Salmond, Judge of Supreme Court of New Zealand, for New Zealand.

Spain. Sir Auckland Geddes, the British Ambassador to Washington, will act as a delegate in the absence later of Premier Lloyd George or any other delegate.

France. Aristide Briand, Premier of France heading the French delegation.

Italy. Jules Jusserand, French Ambassador to Washington, and dean of the Diplomatic Corps here.

Japan. Rene Viviani, Former Premier of France.

Belgium. Albert Sarraut, Minister of Colonies in the French Government.

Spain. Tomosaburo Kato, Vice-Admiral in the Imperial Japanese Navy, Minister of Marine of Japan and head of the Japanese delegation.

Portugal. Prince Tokugawa, President of the House of Peers of Japan.

Kijuro Shidehara, Japanese Ambassador to Washington.

Italy. Signor Carlo Schanzer, former Minister of Finance of Italy, as head of the Italian delegation.

Spain. Deputy Filippo Meola, Leader of the Catholic Party of Italy.

Belgium. Senator Luigi Albertini, Editor of Corriere de la Sera.

Italy. Signor Roland Ricci, Italian Ambassador to Washington.

China. Dr. S. Alfred Soe, Chinese Minister to Washington.

Y. K. Wellington Koo, Chinese Minister to Great Britain.

Wang Chung-hui, Chief Justice of the Supreme Court of China.

C. C. Wu, son of Wu Ting-fang, former Minister to Washington, and who is active in the South China Government, has been invited by the reorganized Chinese Government at Peking to represent the southern revolutionary division of China, in accordance with the desire of the United States Government but has not yet accepted.

Official Advisors. The Delegations of the Powers also will be accompanied by large numbers of advisors, political, naval, military and so forth. Distinguished military and naval advisors to the American delegation, Marshal Foch will advise the delegation from France. Admiral Earl Beatty, Commander of the British Grand Fleet, is senior naval expert of the British delegation.

Belgium, Holland and Portugal also are represented by a number of delegates and advisors in the discussion of Pacific and Far Eastern questions in the Conference, and it is only in this phase of the Conference that China is invited.

HIS FLESH HORRIBLY BURNT. His druggist sold him a cheap Acorn remedy, instead of giving him good old reliable Putnam's Corn Extractor which has been for fifty years the Standard remover of corns and warts. "Putnam's" never fails, it is always a success. 25¢ everywhere. Refuse a substitute.

Father—Is he thrifty? Daughter—Thriftily, daddy! Why Jack's saved over \$2,000 out of that \$100,000 his grandfather left him the year before last.