

women wearing black, where once  
reigned music and mirth, is now  
sadness and grief. The first notes  
of the Marseilles by the orchestra  
brought the assembly reverently to  
their feet, with the realization that  
the hearts of all right thinking English  
speaking Canadians go out in sym-  
pathy to France in her time of sor-  
row. Worthy of note was Mrs. Bor-  
den's question that to compare any  
place or any people to France, or the  
people of France today, is to offer the  
noblest tribute the world affords. The  
most moving of the club will be at the  
home of Mrs. J. P. Allison. The sub-  
ject will be "Patriotic Women of  
France."

Mrs. George Wilson of Moncton,  
spent the weekend in town with her  
mother, Mrs. Harvey Copp.  
Miss Marion Cullen of Amherst is  
visiting in town, guest of her aunt,  
Mrs. F. W. Sweeney.  
Mrs. Roy Fowler spent Monday in  
Amherst, with her sister, Mrs. Lord.

## SUSSEX

Sussex, Feb. 1.—Mrs. Robert Con-  
nelly spent this week in Moncton, the  
guest of friends.  
Mrs. Harold McCusky is visiting  
friends in St. John.  
Mrs. Harry Chapman was hostess  
on Monday evening at a most enjoy-  
able knitting party. Among the guests  
present were, Mrs. Andrew Forsythe,  
Mrs. George H. White, Mrs. A. V. Mor-  
gan, Mrs. Robert Morrison, Mrs. O. F.  
King, Miss Ella De Bo, Mrs. Frank  
De Bo, Mrs. George Sweeney, Mrs.  
Clarke Elliott, Mrs. W. Jeffries.  
Mr. Charles Douglas spent the week-  
end in Petticoat the guest of his  
parents.  
Mrs. Florence Land is visiting  
friends in St. John for two weeks.  
Mrs. A. E. McAuley has returned  
from Moncton where she has been en-  
gaged in professional work for four  
weeks.  
Mrs. H. B. Hughes of Edmonton,  
Alberta, who has been the guest of  
Mrs. Heber Perkins for a few weeks,  
left on Wednesday for Moncton, where  
she will visit friends.  
George J. Doherty of Lacombe, Alta.,  
a former resident of Sussex, who has  
been visiting friends and relatives in  
this vicinity for the past three weeks,  
left on Wednesday for his home.  
Mrs. F. C. Reed spent Wednesday and  
Thursday in Fredericton on business.  
Mrs. J. A. McArthur will leave soon  
on a three months trip to Vancouver.  
B. C. She intends to stop off at Mon-  
treal and Winnipeg to visit friends.  
Mrs. G. L. Wetmore is entertained at  
the enjoyable bridge on Friday afternoon  
last in honor of her sister, Mrs. Jones,  
of Port Arthur. The guests were, Mrs.  
G. N. Pearson, Mrs. J. M. Kinney,  
Mrs. Clarence Flewelling, Mrs. Frank  
Landsdowne, Mrs. Charles Clarke and  
Miss Sarah Bryson.  
Mrs. F. K. Essex Street, was host-  
ess to a pleasant W. C. T. U. tea on  
Monday evening. Among those invited  
were, Mrs. Walter Lutz, Mrs. L. All-

## NOMORE NERVOUS HEADACHES

Since She Tried 'Fruit-a-Tives'  
The Famous Fruit Medicine



MISS ANNIE WARD.

112 Hazen St., St. John, N.B.  
"It is with pleasure that I write to  
tell you of the great benefit I received  
from the use of your medicine, 'Fruit-  
a-Tives'. I was a great sufferer from  
Nervous Headaches and Constipation. I  
tried everything, consulted doctors, but  
nothing seemed to help me until I tried  
'Fruit-a-Tives'."

"After I had taken several boxes I  
was completely relieved of these  
troubles and have been unusually well  
ever since."

MISS ANNIE WARD  
'Fruit-a-Tives' is fresh fruit juice  
concentrated and increased in strength  
combined with finest tonics, and is a  
positive and reliable remedy for Head-  
aches and Constipation.  
50c. a box, 6 for \$2.50, trial size 25c.  
At all dealers or Fruit-a-Tives Limited,  
Ottawa.

The Senior Mission Band of the  
Baptist Church enjoyed a delightful  
party on Monday evening. Leaving  
the vestry at 7.30, about sixty young  
people drove to the home of Mr. J.  
Barnes, where a very pleasant even-  
ing was spent in games and music.  
After which refreshments were served.  
A hearty vote of thanks was tendered  
Mrs. and Mrs. Barnes for their hospitali-  
ty.  
Mrs. M. Garfield White was hostess  
at a small knitting party Thursday  
afternoon at her residence, Church  
Avenue.

## SHEDIAK

Shediac, Feb. 1.—One of the most  
enjoyable and successful events of the  
season took place last week when  
Mrs. Jas. White, at her residence,  
Main street, entertained a patriotic  
evening of the Shediac Ladies' Aid  
society. The young ladies to aid at  
serving time were, Misses: M. Tait,  
H. Harper, E. McInnis, and G.  
Barna. Guests from out of town in-  
cluded Mrs. Ed. White, Halliday; Mrs.  
L. N. Brown, Mrs. F. W. Sherman,  
Mrs. Roy Sumner, Mrs. J. M. Cook,  
Mrs. Fred. Condon, and Mrs. Evans.  
The receipts in aid of  
patriotic funds amounted to \$12.50.  
Mrs. E. J. White and little daughter,  
Blanche, who have been guests of  
Mrs. E. A. Smith, left for home on  
Wednesday. While in town Mrs. White  
was guest of honor at a number of  
pleasant evening parties.

Mr. Lawrence Hall, Moncton, was  
in town during the week.  
Major White left town this week  
on a trip to Cuba and Florida.  
Mr. Patrice sailed this week for  
overseas, expecting to reach Bordeaux  
France.

The Assumption Band will play each  
Thursday evening in the Shediac  
skating rink.

Shediac is welcoming back a re-  
turned hero, Lieut. Maurice O'Connor  
who left town for overseas in the  
early days of the war in connection  
with the Medical Corps, and who has  
done his bit for king and country,  
and has been granted a furlough, is  
the guest of friends throughout the  
province, will be glad to learn of his  
safe arrival in Canada.

Dr. Sormany was recently called  
to Edmonton owing to the serious  
illness of his mother, who is at pres-  
ent somewhat better.

Miss Gertrude Evans recently en-  
tertained young lady friends at a  
pleasant fancy work party.

A number of the young lady friends  
of the Shediac Ladies' Aid society  
were at a "Luncheon" on Saturday  
evening at the home of Mrs. J. B.  
Harper.  
Mrs. H. S. Bell Moncton, has been  
the guest this week of her sister Mrs.  
L. N. Brown.  
Mrs. Jas. McQueen is ill at her  
home on Sackville street.  
Mr. Jack McFadden, who has been  
a guest at the home of Dr. and Mrs.  
H. W. Murray, left town on Monday

## ST. STEPHEN

St. Stephen, Feb. 1.—A very de-  
lightful party was given on Tuesday  
evening of this week at the home of  
Dr. and Mrs. H. S. Bell in Calais for the  
benefit of the Calais Red Cross. The  
hostesses of the evening were Mrs.  
Minor and Mrs. J. C. McFadden. Nearly  
one hundred guests were in attend-  
ance. The house was prettily de-  
corated with flags and flowers. The  
lower floor of the house was given  
over to the dancers and a great many  
enjoyed that part of the evening's  
entertainment. On the upper floor a  
large number of people spent the  
evening in playing bridge. Miss  
Grace Haycock was the winner of the  
lady's prize and Mr. Chas. Adams was  
the gentleman's prize. At the close  
of the evening refreshments were  
served. The sum of \$52.00 was  
raised for the benefit of the Red Cross  
society.

The Literary Club met on Thursday  
evening of this week with Miss Louise  
Purvis at her home, West Wolfe, on  
Elm street.

Mr. L. S. McLaine of the Dominion  
entomological department at Frederic-  
ton was registered at the Queen hotel  
on Tuesday.

Major Herbert McLane of the 5th  
C. M. R., a brother of Brig-Gen Mc-  
Lane, who has lately returned from  
France, was the guest of friends in  
town during the week.  
Miss Isabel Hawley has returned  
from a pleasant visit with her friend,  
Mrs. F. G. Hibbard in St. George.

Many St. Stephen friends are very  
proud of the splendid success that has  
been achieved by Lieut. Harold H.  
Vroom in the completion of his recent  
invention, the Vroom hydrophone,  
which apparatus has been accepted by  
the British Admiralty. Heartiest con-  
gratulations and sincere good wishes  
for further success were tendered  
Lieut. Vroom from many St. Stephen  
friends.

The lecture on entomology given by  
Mr. L. S. McLaine at the Canadian  
Club meeting on Tuesday evening of  
this week was well attended and in-  
tensely interesting. Mr. McLaine first  
gave an outline of the work done by  
the entomological department of the  
Dominion in trying to rid the country  
of destructive insects, and then  
told us specially of the work done in  
preventing the spread of the Brown  
Tail moth, and the entrance of the  
Cypripis moth, which is as yet only  
within fifty miles of the Canadian  
border. There were some very interest-  
ing slides shown of the work done  
by the men, who are surveying the  
country for the Brown Tail moth, also  
pictures of the different moths and  
the parasites that are being intro-  
duced into the country in order to pre-  
vent the spread of the Brown Tail  
by artificial methods. Also pictures of  
the methods of collecting these parasites  
and shipping them to different  
parts of the country. At the close of  
the meeting a hearty vote of thanks  
was voted to Mr. McLaine for his in-  
teresting and instructive lecture.

The Wa Wa Club met on Wednes-  
day evening with Mrs. Fred McWha  
at her home on Prince William street.  
Mr. and Mrs. Wm. J. Smith and  
their daughter, Miss Hazel Smith, left  
last week for Florida, where they ex-  
pect to make an extended stay.  
Hon. Dr. Garrett, U. S. consul at St.  
Stephen, is visiting at his home in  
Ottawa.

Pte. Ernest Barter of the 62nd  
Battalion, St. John, was a recent guest  
of his parents, Mr. and Mrs. E. Hardy  
Barter.

Miss Mary Abbott has received a  
valuable souvenir in the shape of a  
paper knife made from a shell case  
the handle being made from a bullet.  
This souvenir is from her nephew,  
Capt. J. Carleton Brown, C. E., who  
has been with the British forces in  
the East for the past two years.

Misses Annie and George Richard-  
son of St. Andrews are guests of Mr.  
and Mrs. J. W. Richardson. Mr. Rich-  
ardson's many friends regret to learn  
he is still quite ill at his home on  
Main street.

covering from her recent illness in  
Chapman Memorial Hospital.  
Miss Alice Grimmer of Chatham  
was a recent guest of friends in town.  
Mrs. G. H. Smith of Lords Cove, D.  
was the guest of relatives in town  
during the week.  
Mr. Hassan McLean of Letists is re-  
sident at the Queen.

Dr. R. A. Holland is spending a few  
weeks in Florida.  
Mrs. D. Boyce Allen gave a "tea"  
show for Miss Myrtle Gannon on  
Wednesday evening of this week at  
her home on Ross Avenue. Among  
the guests were Misses Mildred and  
Margaret Thomas, Frances Chadwick,  
Beatrice Gardiner, Louise Hill, Maud  
Bonnett, Mary Duffin, Lella Moore,  
Marion Straghan, Kathleen Hill, Helen  
Burnett, Muriel Grimmer, Glenna Din-  
more, Georgie Grimmer, Dora Grant,  
Bessie Dismore, Gertrude Buchanan,  
Mrs. Fred Sears, Mrs. Guy Day and  
Mrs. Murray Allen and Miss Myrtle  
Gannon. During the evening Miss  
Gannon was presented with a beau-  
tiful shower bouquet of white car-  
nations tied with long white ribbon.

A hockey match was played Thurs-  
day evening at the Shediac skating  
rink. The game was won by the  
team, the "Never Was" and "Never  
Will Be." The funds were donated  
to the Red Cross.

Reginald Murray was home from  
McAllen for the week-end.

Mrs. L. J. Bellevue is on a visit  
to friends in Riverview du Loup.  
Mr. H. H. Schaeffer is in town  
from Kentville, N. S.

Mrs. H. W. Murray, the Misses  
McLennan, Mrs. A. J. Webster, Mrs.  
Arvid White and Mrs. W. A. Flowers  
were in Moncton this week.

Miss Margaret Murray was a week-  
end guest of Miss B. Wortman, Mon-  
cton.

Oliver Cormier and his friend,  
Mr. Lafoie, of Edmundston, have  
been guests this week of Mrs. A. J.  
Cormier.

A very enjoyable card party took  
place at the home of Mrs. E. Patrice,  
Main street east, when from three to  
six on Wednesday afternoon guests  
assembled for a bridge of six tables.  
Strangers present included Mrs. (Dr.)  
Bourque, Moncton, Mrs. John H.  
Amherst. Pretty prizes were won by  
Miss Brady, Mrs. H. W. Macdonald  
and Mrs. Conroy.

Mrs. Abbie Hebert, the Misses  
Patrice and Miss B. Harper.

streamers to which red hearts were  
attached. In the bouquet was secreted  
a card telling her where she would  
find a basket containing the dairy  
gifts of linen her friends had brought  
to her. Dairy refreshments were  
served. Miss Frances Chadwick and  
Miss Beatrice Gardiner assisted Mrs.  
Allen in serving the guests. A most en-  
joyable evening was spent by those  
present.

Mr. and Mrs. Clarence Smith of St.  
John have been visiting Mr. and Mrs.  
Chas. E. Staples.  
Miss Arbutus Branscombe is quite  
ill with an attack of leishman at Chip-  
man Memorial Hospital.  
Mrs. James Inches entertained a  
few friends very pleasantly on Mon-  
day evening last at her home on Mar-  
ket street.

Miss May Goodwin of St. John is  
the guest of her friend, Mrs. C.  
Buchanan.

Mrs. H. Hyslop had returned to her  
home after a severe illness at Chip-  
man Memorial Hospital. Her friends are  
glad to learn she is much improved in  
health.

## NEWCASTLE

Newcastle, Feb. 1.—The body of the  
late Mrs. Margaret Patterson, (nee  
Bryant) wife of Lieut. George Pat-  
erson, of Lower Millstream, was laid  
to rest yesterday in the Methodist  
cemetery at Derby. Service at the  
deceased's former home in Brynton  
was conducted by Rev. Alex. Rattie,  
assisted by Rev. E. Rowlands, after  
which service was held in the Pres-  
byterian church, of which deceased  
used to be organist. Deceased leaves  
two children. She was 34 years old.  
The pallbearers were six of her  
cousins, Everet, Freeman, Lloyd and  
Wallace Brynton, John Payne and  
Sydney Peck.

The Blackville Women's Institute  
held their regular monthly meeting  
on Wednesday evening, January 31.  
After regular business was transacted  
Miss Annie B. Underhill read a very  
interesting paper on "Dressmaking."  
The roll call was answered by ques-  
tions on dressmaking, which were  
helpfully answered by Miss Underhill.  
Many practical hints were given.  
The subject "How the Institute Can  
improve the School" was discussed,  
and many good suggestions made by  
interested members.

A committee of the Institute was  
appointed to interview the School  
Trustees.

The Institute decided that the mon-  
ey obtained from the Valentine enter-  
tainment to be held on February 14,  
be spent on school improvements.

Mr. and Mrs. Albert Walton are re-  
ceiving congratulations on the birth  
of a son on January 29th.

Mr. Howard Dickson, of Port Arthur,  
the guest of his mother, Mrs. H. H.  
and sister at Loggieville, was in town  
on Tuesday, the guest of her sister,  
Mrs. John Ashford. Mr. Dickson left

for Port Arthur on Tuesday night.  
Miss Jennie Morrill, nurse in train-  
ing at the Montreal General Hospital,  
is spending a three weeks' vacation  
with her parents, Mr. and Mrs. Walter  
Morrill.

Mr. Horace Morrill, of Fredericton,  
is the guest of Mr. and Mrs. Walter  
Morrill.

Mr. J. Sutherland, formerly of Bass  
River, now of Vancouver, B. C., came  
last week to visit his sister, Mrs. R.  
McMurray, after an absence of thirty  
five years.

Alderman Parley Russell visited  
Moncton last week. Mrs. McCarron was a visitor to  
Fredericton this week.

Mrs. P. J. Desmond returned from  
Montreal this week, accompanied by  
Mrs. M. E. Berson, whose many  
friends are glad to hear that she is  
recovering from her recent operation in  
Royal Victoria Hospital.

Mrs. S. A. Demers has returned con-  
valescent from Hotel Dieu Hospital,  
Chatham.

Mr. George Thomas, of the Royal  
Bank staff, spent Sunday at his home  
in Campbellton.

Mrs. Daniel Taylor has accepted a  
position in the C.G.R. shops, Moncton.

Miss Nellie Steeves entertained a  
few of her friends at a cozy party  
last Tuesday evening, after which a  
lunch was served at the home. Those  
present were: Alice O'Connor, Mildred  
O'Connor, Alice Price, Muriel Baldwin,  
Adelaide Steeves, Millie Edgett, Mur-  
riel Brookier, Billy Lewis, Queney Low-  
rie, Victor Steeves, Lena Beaky and  
Annie Sharp.

Mr. G. H. Frazer of New York is  
here in the interest of the Salisbury  
and Allard Railway which has resumed  
its operations between Salisbury and  
Hillsboro.

Mr. Edward Sherwood was at Mon-  
cton one day last week. Mrs. H.  
Samuel Hume has returned to  
Moncton.

Mr. J. H. Barrie was at Moncton last  
week.

Rev. David Jones, who has been a  
guest at J. H. Barrie's, has returned to  
Halifax.

Mr. and Mrs. John Murray are re-  
ceiving congratulations upon the ar-  
rival of a baby boy.

A fancy dress carnival was held in  
the Hillsboro rink on Friday evening.  
The ice was in good condition. The  
ladies' prize was given to Miss Mable  
Carlisle and the men's prize to Mr.  
Kegland Evans.

The Ladies' Club met in the club  
room last week. Mrs. Emma Wallace  
and Mrs. F. M. Thompson continued  
the reading "The Life of a Pioneer."  
Others that were present were Mrs.  
Kirby, Mrs. Bilgus, Mrs. Oman, Mrs.  
Berrie, Miss L. Wightman, Mrs. Mis-  
dell, Mrs. Karl Duff, Mrs. J. L. Peck,  
Mrs. King.

Rev. C. W. Tilley of the Methodist  
church had a meeting last Friday  
night and organized an Epworth  
League. President, Dr. Kirby; 1st  
Vice-President, Mrs. Kirby; 2nd Vice-  
Pres., Mrs. Wm. McAllister; 3rd Vice-  
Pres., Alice Thistle; 4th Vice-  
Pres., William McAllister; 5th Vice-  
Pres., Theodore Stevenson; Cor. Sec., Mrs.  
Tilley.

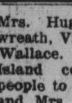
The funeral of Mrs. Clara Gross,  
whose death occurred Friday evening  
at 7 o'clock, from paralysis, was held  
Sunday at 1.30 p.m. The service was  
conducted by Rev. H. W. Gann. The  
choir of the First Baptist church, of  
which she was a member, rendered the  
hymns "Rock of Ages," "Safe in the  
Arms of Jesus." The pallbearers  
were J. L. Peck, J. F. Wallace, Alfred  
Warrick and Gabriel Steeves. The  
deceased was 67 years of age and  
is survived by one adopted brother,  
George Kenzie of Moncton. The floral  
tributes were: Broken circle, Mr. and  
Mrs. George Kenzie and family; broken  
circle, Dr. and Mrs. Leverett Sum-  
mers, of Moncton; wreath, Mr. and

## Any Sickness Leaves Weakness

Even a simple cold strips and reduces your resistive  
powers to allow other sickness. Only food—not opiates or  
drugs—creates the rich blood which distributes strength to  
the body, and the concentrated medicinal food in

## SCOTT'S EMULSION

makes the blood rich and stimulates its circulation while its  
tonic virtue enlivens the appetite and aids nutrition to  
reestablish your strength quickly and permanently. If you  
are run down, anemic or nervous, by all means get Scott's  
Emulsion. It builds because it is a food—not a stimulant.



Scott & Bowne, Toronto, Ont.

Mrs. Hugh Lawrence, St. George;  
wreath, Village Club; spray, Mrs. Jas.  
Wallace. Interment was at Grey's  
Island cemetery. The out-of-town  
people to attend the funeral were Mr.  
and Mrs. George Kenzie and family,  
Driver Judson Kenzie, Dr. and Mrs.  
Leverett Summers.

Miss Lottie Theall has returned  
home after spending several days in  
St. John, where she was the guest of  
friends and relatives.

Grand military review of Canadian  
heroes at the Nickel, Queen Square.  
This picture was taken on McGill cam-  
pus during inspection by H. R. H. Duke  
of Connaught. The most of these men  
have been killed in action. Come and  
see them. Last time today.

## When Tired and Nervous

If the end of the day finds you weary or irri-  
table, with aching head and frayed nerves, you need  
something to tone and strengthen the system.

## BEECHAM'S PILLS

are a remedy which quickly helps in restoring normal  
conditions. They act on the stomach, liver and bowels,  
and so renew the strength, and steady the nerves.  
A few doses of these world-famed family pills will  
Bring Welcome Relief

Prepared only by Thomas Beecham, St. Helens, Lancashire, England.  
Sold everywhere in Canada and U. S. America. In boxes, 25 cents.

## We Keep the Quality Up

It is one thing to make flour that is occasion-  
ally good.  
It is quite another thing to make flour that  
is ALWAYS good.

## PURITY FLOUR

Never disappoints. Whether  
you buy one barrel or a hun-  
dred the quality is ALWAYS  
the same and makes

More Bread and Better Bread—and  
Better Pastry, too.



KLINGLOSE is the most practical and  
popular inside-band winter cap made. As  
the illustration shows, it can be worn with  
the band pulled down over the ears or  
turned up inside out of sight. When worn  
down, the band is a patented attachment  
that hugs close to the base of head and  
ears. Klinklose is an exclusive feature in

## EASTERN BRAND CAPS

for DAD and his LAD

No. 7

## Manly Strength Self-Help Book Free

It matters not who, any man,  
young or elderly, needing more vital  
strength, who is not quite the man  
he should be, who has been physically  
weakened as a result of past prac-  
tices and excesses, can, beyond the  
shadow of a doubt, hope for self-  
restoration of his lost or weakened  
powers if he is willing to make a  
fair, square effort along certain  
perfectly natural lines (of which he  
can easily learn), and will lead that  
sort of a decent existence which  
Nature demands, that all men  
SHALL lead, if we are to prove up  
to the normal standard of vigor  
and manly capacity, as we see it  
exemplified in the best men of the  
world today.

Just what I believe you yourself  
should do or should not do where  
more manly strength may be desired  
is told in a perfectly plain, common-  
sense, practical, every-day sort of  
way through the medium of a little  
72-page illustrated book of advice  
that I publish and am now sending  
free, sealed, by mail, to men all  
over the world who write for it.  
This little compendium of self-help  
has, I hope, been of more lasting  
benefit to my fellow-men than any  
similar publication of its kind be-  
fore used. Over one million copies  
have been distributed since my first  
announcement that they would be  
sent free of charge. Therefore,  
reader, please use the coupon be-  
low, which entitles you to this  
wonderful little free book, a copy  
of which will go to you in a per-  
fectly plain, sealed envelope by re-  
turn mail. Remember there is ab-  
solutely nothing offered for sale in  
this book, and the whole world ap-  
preciates you who write for it.  
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fectly plain, sealed envelope by re-  
turn mail. Remember there is ab-  
solutely nothing offered for sale in  
this book, and the whole world ap-  
preciates you who write for it.

You simply buckle the Vitalizer  
comfortably on your body at night  
when you retire to bed. It starts  
its work at once. It sends a stream  
of a certain silent, penetrating power  
which we call Vital Force into the  
body, your kidneys, liver, stom-  
ach, bladder, nerves and blood while  
you sleep. Men everywhere have  
said it takes that nervous weakness  
or pain out of the small of the back  
in short order—sometimes  
in 60 to 90 days.

With special attachments, the  
Vitalizer is also used for rheuma-  
tism, kidney, liver, stomach, blad-  
der disorders, etc. If, after reading  
the free booklet, you decide that  
you want to have your Vitalizer,  
we shall be pleased to make special  
arrangements for you to have one  
to use. If in or near this city, we  
should be glad to have you visit,  
otherwise please write for book.  
Hours 9 to 6. Satisfaction guaran-  
teed in every case.

Real, sturdy, vigorous manhood  
never counted for more than it does  
today. It, you are strong, vital,  
manly, the whole world appreciates  
you; if you are a weakling—well,  
it is a dark time, this age of ours,  
for the one who must stand aside  
To my mind S. Vigorosa, strong-  
nerved, manly man is one of the  
greatest inspirations in the world,  
because the very force of his char-  
acter and manhood makes itself felt  
wherever he goes or wherever he  
may be. What he does he does  
well, and his reward is in propor-  
tion to the strength and sturdiness

REAL MANHOOD ALWAYS WINS  
It is not only the strength of the  
brawn, but the strength of the mind  
that is the vital energy of the man it be-  
longs to.

It seems to me that any man, un-  
less he is bowed down by extreme  
old age or by some consuming mal-  
ady, has the strength of his physical  
vitality or vigor and is willing to  
to and is willing to make the right  
sort of a conscientious effort in the  
right direction and along right lines.

We manufacture a little me-  
chanical appliance called the Sanden  
VITALIZER (read about it above),  
and all about which it will pay you  
to learn, because some day you  
may want to use one.

This little Vitalizer is not expected  
to do its work unaided, but is meant  
to act as a powerful assistant to  
Nature and to the man who wants  
more vitality or vigor and is willing to  
do his part in regaining it.

You simply buckle the Vitalizer  
comfortably on your body at night  
when you retire to bed. It starts  
its work at once. It sends a stream  
of a certain silent, penetrating power  
which we call Vital Force into the  
body, your kidneys, liver, stom-  
ach, bladder, nerves and blood while  
you sleep. Men everywhere have  
said it takes that nervous weakness  
or pain out of the small of the back  
in short order—sometimes  
in 60 to 90 days.

With special attachments, the  
Vitalizer is also used for rheuma-  
tism, kidney, liver, stomach, blad-  
der disorders, etc. If, after reading  
the free booklet, you decide that  
you want to have your Vitalizer,  
we shall be pleased to make special  
arrangements for you to have one  
to use. If in or near this city, we  
should be glad to have you visit,  
otherwise please write for book.  
Hours 9 to 6. Satisfaction guaran-  
teed in every case.

USE FREE COUPON  
The A. F. Sanden Co., 140 Yonge St., Toronto, Ont.  
Dear Sirs:—Without obligation on my part, please send me by  
return mail, in perfectly plain sealed envelope, your free 72-page  
illustrated book of self-help and advice for men.

Name .....  
Address .....

## HOW TO GET COAL

Leading Coal Experts and Railroad Executives Make  
Practical Suggestions for Relieving  
the Present Acute Situation

Despite the Garfield holidays, the "coal famine" in the United States still persists. In view of this  
condition, what further steps should be taken to get coal where it is needed, and what should be done  
to prevent another such fuel crisis?

To get an answer to this question, THE LITERARY DIGEST requested an expression of opin-  
ion from those men who should be best qualified to know—the heads of the coal-producing and coal-  
carrying businesses.

The result of this canvass of experts is presented in THE LITERARY DIGEST for February 2d,  
and a reading of this article will do much to enlighten the Canadian public and acquaint it with  
constructive and practical methods for relief.

Other important subjects that claim attention in this exceptionally interesting number are pre-  
sented under these headings:

## Where Irish-Americans Stand in the War

A Frank Expression of Opinion from Editors of Journals