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THIS TRADE MARK ON BAG OR BARREL IS THE ASSURANCE OF GOOD BREAD AND PASTRY



Make it a point to look for this Trade-Mark on every bag and barrel you buy

MEANING OF THE CROSS



This cross (in red) has been adopted in Canada and all over America as the emblem under which the Crusade against Consumption is carried on.

Every reader knows of the ravages of this disease; how, too often, the bread-winner of the family falls a victim, or the young man or young woman, with a promise of a happy and useful life, is stricken down.

This modern Crusade, like the one of old, is a winning fight. The death rate from Consumption in this province shows a decrease of over 25% in the past few years.

Nearly 6000 of these poor sufferers have been cared for in our Consumptive Homes in Muskoka and near Weston. To-day we have 300 patients under treatment—patients who, if they had the money, could not through fear of contagion gain admittance into other hospitals.

In the Muskoka Free Hospital alone we are now caring for 156 patients. 128 of these cannot pay a single cent for the cost of their maintenance, 15 pay 70c. per day, 1 pays 57c. per day, 12 pay 50c. or less per day.

Our Trustees, having faith in the generous-hearted people of Canada, have continued to carry on this work during the past year.

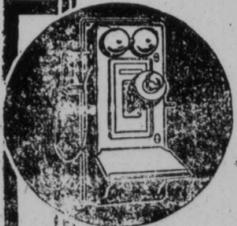
Money to pay doctors, food, nursing and caring of these sick ones, is urgently needed. Will your readers help and have the joy of sharing in a work that has the promise of the Master's reward?

W. J. GAGE

Chairman Executive Committee, National Sanitarium Association

SPADINA AVE. TORONTO

DO YOU KNOW



that 99% of the telephones used by Canadian farmers have been manufactured by us. We are proud of this fact, for we think you will agree with us that it is a guarantee that our telephones give satisfaction to the farmer, it is a guarantee that we have spent \$10,000,000 in developing our 1,117 Rural Telephone Lines, which contain the most up-to-date features of any telephone system to meet the requirements of rural service.

How to Build Rural Telephone Lines

is the title of a most interesting and instructive book which we have just published and which we will be pleased to send you FREE. It not only contains a full description of the construction and maintenance of Rural Telephone Lines, but also tells how to read the code which is used until the last telephone is installed. With this book you have something definite to work on and can go among your neighbors and organize a community-owned system in your own locality. The book costs nothing—write and ask for it in the No. 286 and we will send it FREE.

The Northern Electric and Manufacturing Co. Limited

Manufacturers and suppliers of all apparatus and equipment used in the construction, operation and maintenance of Telephone, Fire Alarm and Electric Railway Lines. Address our nearest office: MONTREAL TORONTO WINNIPEG CALGARY VANCOUVER

CAMPBELLTON TOWN COUNCIL

Concrete Dam Still Held up at Tuesday's Session.

The Town Council met on the 18th evening, His Worship Mayor McDonald presiding. There were also present Councillors White, McKenzie, Alexander, Miller, Moore, Lunan and Pinault. Meetings of previous meeting read and confirmed.

Petitions for license to conduct general stores from J. F. Gallagher St. John and A. Bertrand, Causapasc, were referred to Police and License committee.

The proposed bill for the Legislature as drafted by the Town Solicitors was then read.

After discussion, some amendments were made in its provisions and the bill will come up again for consideration at Friday's meeting.

A lease was submitted from the Intercolonial Railway for the privilege of laying a six inch sewer on their property, and was referred to the town solicitors.

This is the Crawford sewer from Paterson street extension.

The chairmen of the various standing committees submitted reports of accounts, which were ordered paid.

Councillor Alexander submitted further information with reference to fees of consulting engineers re Smith Lake dam. After discussion the matter was laid over till Friday evening's meeting when it was expected that Mr. Underhill would be present to give information re construction of wooden dam. Councillor White brought up the matter of an old account of Jas. Alexander for \$195. This account was for a horse commandeered at the time of the fire July 1910. The account was ordered to be paid.

Council then adjourned

Children are much likely to contract the contagious diseases when they have colds. Whooping coughs, diphtheria, scarlet fever and consumption are diseases that are often contracted when the child has a cold. That is why all medical authorities say beware of colds. For the quick cure of colds you will find nothing better than Chamberlain's Cough Remedy. It can always be depended upon and is pleasant and safe to take. For sale by all dealers.

A Mother's Creed

Mrs. Onora S. Davis gives the following beautiful "mother's creed": I believe in the eternal importance of the home as the fundamental institution of society.

I believe in the immeasurable possibilities of every boy and girl.

I believe in the imagination, the trust, the hopes, and the ideals which dwell in the hearts of all children.

I believe in the beauty of nature, of art, of books, and of friendship.

I believe in the satisfaction of duty.

I believe in the little homely joys of everyday life.

I believe in the goodness of the great design which lies behind our complete world.

I believe in the safety and peace which surround us all through the ever-brooding love of God.

To Cure Forehead Creases

A perfectly smooth brow is not the least of youth's enviable possessions, and it is one of these tiresome accidents which makes a "fringed" style of hairdressing best becoming just when the forehead begins to record the wear and tear of time.

For the heavy lines known as "frown marks" the beauty doctors advocate what they call "wrinkle plasters." The lines are pressed out with the fingers, and the plaster is applied while the "frown mark" is thus forcibly held in abeyance. The plaster should be applied, it seems, every time one proposes to go into a "brown study," as well as during sleep.

To eradicate the fine lines, flannel wrung out of hot water and laid on the forehead for ten minutes at a time, and followed by a similarly lengthy dabbling not rubbing, with olive oil is the treatment prescribed. Adopted twice a day for a fortnight, these means are said to ensure a smooth white brow. The oil must be freely applied, as it is the oil which feeds the wasted tissues that cause the lines.

Browned Crumbs.

Keep all scraps of crust until there is a good quantity; cut off any black bits, and put the rest on a baking-tin in the oven until they are a bright golden brown all over and quite crisp. Then pound them in a mortar, or, if there is not one available, put them between two pieces of paper and crush them with a rolling-pin. Next pass them through a sieve—this ensures them being all of one size. Put them in a tin with a tight-fitting lid.

These crumbs are useful for shaking over boiled ham or bacon, and can often be used for puddings instead of white crumbs, giving the mixture a richer appearance.

ONE SINGLE PILL GAVE GREAT RELIEF FOUR BOXES CURED HIM

PLESSISVILLE, Ont. "I suffered from Kidney Trouble for several years, and tried numerous remedies and doctors' prescriptions without permanent relief, my case being chronic. After seeing about Gin Pills, and as it is a well known fact that Juniper without alcohol is excellent for the Kidneys, I decided to try Gin Pills. One single pill gave me great relief. I have now taken almost four boxes of Gin Pills and find myself completely cured. No more bad humor—no increase in weight—clear eyes—fresh color—more strength and vigor. This is what Gin Pills have done for me."

H. POWIS HERBERT, if you have any trouble with your Kidneys or Bladder—or if you suffer with Pain in the Back or Rheumatism. Try them before you buy them. Write National Drug & Chemical Co. of Canada, Limited, Dept. N B Toronto for free sample. Then get the regular size boxes at your dealer's—50c. a box, 6 for \$2.50.

SUDDEN DEATH OF REV. C. W. TOWNSEND

Stricken With Paralysis at His Home in St. John.

The people of this town and all over the province heard with sincere regret of the death of Rev. Mr. Townsend on Wednesday morning.

For the past two years Rev. Mr. Townsend had been travelling evangelist for the Baptist Home Mission Board, an office which he filled with great acceptance, not sparing himself in any way, ever ready to travel at the call of the churches or the board. Last fall, the Campbellton church being vacant, Rev. Mr. Townsend was asked to supply there till such time as the congregation should get a permanent pastor. He had been in Campbellton all winter applying himself to the work with his usual intensity of devotion.

In his work there he made many friends, his sincerity and devotion in his work, his clear vision, and his loving Christian character, making him a man among men, and one whom it was a delight to know. His congregation cannot yet realize the dreadful blow which has befallen them, in the loss of such a leader and pastor.

Last Monday he travelled to his home in St. John, accompanied from Moncton by Rev. Dr. Hutchins. While on the train he complained of feeling slightly ill, saying he was afraid he was getting the La Grippe. On arrival in the city he went to his home in the North End and passed the evening, retiring sometime before 10 o'clock. About 10 o'clock, while in bed, he was seized with a paralytic stroke which affected his right side. Dr. Francis J. Hogan was called in at once, but in spite of all he could do the patient remained unconscious, and he died early this morning. Rev. Mr. Townsend was formerly a student at the Pastors College, London, an institution founded by Rev. C. H. Spurgeon. He came to New Brunswick in 1895 and has filled the pastorates at Cambridge, Hillsboro and St. Martins. He was looked upon as one of the ablest ministers of the Baptist denomination.

Remarkably intelligent and highly cultured, his pulpit ministrations were always acceptable to the people wherever he was.

He came to Canada about twenty-two years ago going first to British Columbia, where he filled some important charges. It had been his intention to return on Saturday to resume his work in Campbellton, Rev. Mr. Townsend was married to Miss Eleanor Rowland of London, England. Besides his wife he is survived by one son, Mr. Charles T. Townsend, and two daughters, the Misses Salome and Alice, all at home. Services were held at the home of the deceased Thursday evening at 8 o'clock. The body was taken on the early morning train Friday to the Narrows, Queens county, for interment alongside the remains of a deceased daughter.

YOUR HEADACHES WILL DISAPPEAR WHEN YOU USE KUMFORT HEADACHE POWDERS

No matter what the cause, they will cure the most troublesome case—and in a few minutes. No dangerous drugs to affect the heart. No opiates, harmless, safe and certain in their action. Leave no bad after-effects. Do not form any "medicine habit." Kumfort Headache Powders have been helping thousands for fifteen years. They will help your case.

READ WHAT THIS LADY SAYS: "I have been using KUMFORT POWDERS when needed, and they never fail to cure me. They create no habit, and I find no ill effects from their use. In fact, I suffer less frequently from headache since I have used KUMFORT." MRS. COLIN McKENZIE.

Kumfort Headache Powders are best and have that reputation, because they have earned it. Speedily and effectually cure Bilious, Nervous and Neuralgic Headaches.

Be sure you get the genuine. Nothing was ever so good. There is no substitute.

At all sorts of stores 10 cts. 25 cts.

If you can't find them we will mail them postpaid on receipt of price. Have them in the house against the time of need.

F. G. Wheaton Co., Ltd. - Amherst, N.S.

A family flour that has given satisfaction for over 50 years—Just because—Canadian Cereal & Milling Co., Ltd., Toronto, Ont.

Sold in all parts of the World. Canada's Most Brilliant Representative. It has proved its superiority over scores of other makes, and has won popularity solely on its merits. It's good for your shoes. THE F. F. DALLEY CO., Limited, HAMILTON, Ont., BUFFALO, N. Y. and LONDON, Eng.

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