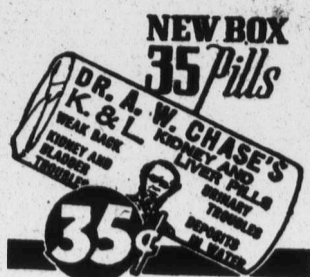


**"Was Freed of Gall Stones
And Persistent Backache"**

Mr. Alexander Bradley, R.R. No. 1, Carp, Ont., writes:



"I suffered from gall stones, and commenced taking Dr. Chase's Kidney-Liver Pills. I feel safe in saying that these pills completely overcame the trouble, as it is some years since I was afflicted in this way, and I have not suffered from gall stones or even backache since. I have also found Dr. Chase's Nerve Food excellent for heart trouble and shortness of breath."

Dr. Chase's Kidney-Liver Pills

35 cts. a box of 35 pills, Edmondson, Bates & Co., Ltd., Toronto

Always Use
Bairds' Super Flavoring Extract
Purest and Best



Fletcher's
CASTORIA

MOTHER! Fletcher's Castoria is a harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, prepared to relieve Infants in arms and Children all ages of

- Constipation
- Wind Colic
- Flatulency
- To Sweeten Stomach
- Diarrhea
- Regulate Bowels

Aids in the assimilation of Food, promoting Cheerfulness, Rest, and Natural Sleep without Opiates

To avoid imitations, always look for the signature of *Wm. D. Fletcher*
Proven directions on each package. Physicians everywhere recommend it.

- Creamers 20 qts. \$1.50
- White Cups & Saucers 10c
- 5 Gal. Oil Can with pump 1.75
- No. 2 Galvd. Tubs 1.60
- Enam Tea Pots 1-2 price

We are Getting Back to the
Good Old Summer Time.

WHAT ABOUT

A Refrigerator Now?

to keep your Milk, Butter, Fruit and any other food that will spoil if not kept cold.

Our "FROST RIVER" all metal Refrigerator is a dandy
We travel all the way from \$15.00 to \$45

We Have Also A Large Stock of

Oil Cook Stoves from \$9.00 to \$50.00

Many other Lines too Numerous to Mention such as:

Ice Cream Freezers, Milk Pails, Creamers, Bath
room Supplies, nice white enamelled Soap
Dishes for 25c each.

PLUMBING RANGES FURNACES

B. F. MALTBY

Phone 121

Newcastle, N. B.

**U. S. DAINTIES
FLOOD OLD LONDON**

Londoners don't like ice water, rye whiskey, corn pone and patent breakfast foods, and heretofore these American culinary conventions were not easy to find in London. American visitors had to get along without them. But the present avalanche of tourists and visitors from the United States to the British Empire Exhibition at Wembley and to the conventions of the Advertising and Bar Associations and other international gatherings was bound to create an overwhelming demand for the Americanisms which the storekeepers are hastening to supply in an effort to keep up with the "Yankeization of London."

Therefore the hotels and restaurants are beginning to serve ice water, the public houses rye whiskey, the soft drink parlors ice cream sodas and even corn bread and breakfast foods are available while, for the first time American brands of cigarettes are on sale at the tobacconists and special American news is appearing in the newspapers under American headlines.

Of course, even the most optimistic of the visitors find that the English ice cream is not of the home variety and that the English soda is a weird concoction of most anything. But the British are trying hard to please and the result is at least an approximation of what is called for. So far as whiskey is concerned the Americans are partial to rye but are willing to take Scotch or Irish, so there is no misunderstanding on this score. And the Boston baked beans and fried chicken are beyond reproach.

The worst of it for the American visitors in London is that they are living in a false paradise facing the certainty that the present invasion will soon be over; the ice water and its attendant joys will disappear along with the tourists and that life will take its old course in the old British way.

**Baby's Great Danger
During F. Weather**

More little ones die during the winter weather than at any other time of the year. Diarrhoea, dysentery, cholera infantum and stomach troubles come without warning, and when a medicine is not at hand to give promptly the short delay too frequently means that the child has passed beyond aid. Baby's Own Tablets should always be kept in the house where there are young children. An occasional dose of the Tablets will prevent stomach and bowel troubles or if the trouble comes suddenly the prompt use of the Tablets will relieve the baby.

The Tablets are sold by medicine dealers or by mail at 25 cts. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Doctor Knows

Doctors who know Minard's by the work it does are unhesitating in their praise of its healing and soothing qualities.

Dr. Joe Aug. Sirois, of St. Isidore, Que., writes:—"I have frequently used Minard's Liniment and also prescribe it for my patients always with the most gratifying results, and I consider it the best all-round Liniment."

C. A. King, M.D. also recommends Minard's in the following words:—"I have used Minard's Liniment myself as well as prescribed it in my practice when a liniment was required, and have never failed to get the desired effect."

**MINARD'S
"KING OF PAIN"
LINIMENT**

**GREAT BOOM IN
BRITISH COLUMBIA**

With more than \$18,000,000 of construction work actually under way in Vancouver and vicinity and plans out for additional expenditures of more than \$4,000,000 within the area known as Greater Vancouver; with the lumbering industry working capacity crews in logging operations on the Coast and the outlook for mining better than for many years, British Columbia is entering upon a new era of prosperity. Property agents report that there has not been such activity in real estate in Vancouver since the boom days of 12 years ago. Many inquiries are coming from Los Angeles and other California cities, where the movement in real estate and building is declining.

The phenomenal development of Vancouver as a grain-shipping point the low values for property, and the fact that British Columbia has as a basis of development the four great natural industries, lumbering, mining, agriculture and fishing, justify great confidence in this city.

The new dry dock at North Vancouver, constructed at a cost of \$3,000,000 is practically completed. The first section has just been tested out and found satisfactory. This new dry dock will be of great value to the shipping interests of the Pacific Coast, where great expansion of ocean-borne traffic is in progress.

Ireland has begun to purchase British Columbia timber direct from this Province. Approximately 1,250,000 feet of timber for the Belfast dock has just been ordered here. In addition to the Ulster order there are orders from Cardiff, the British Admiralty, British railroads and considerable parcels of clear British Columbia fir for private orders. The British railroads have ordered 2,000,000 feet of crossing switch ties. Markets in India and Egypt also are open to British Columbia products. British Columbia cross-ties were introduced to India several years ago and they proved so satisfactory that in resisting weather and the destructive ants of the country that an order has gone forward every season.

**Canadian Justice as
Seen From Chicago**

Canadian Justice is the subject of an editorial in "Chicago Tribune" of recent date. The writer refers to the execution of Walter Muir for murder and says in part:

"Canadian Justice is a branch of the British root. To us it may seem inconsiderate of the individual. Seemingly it never had a moment here when it hesitated in its course. Muir was found guilty of having taken a human life. The extenuating circumstances did not deflect the unemotional process of the law, which said if he did do this there was a fixed and unescapable penalty.

"Possibly this unemotional review of facts and fixing of consequences might be tempered with merciful considerations but we in the United States are not the ones to say so. The loopholes in our law let but let holes into other victims. We shall never be unemotional or untouched by considerations which appeal to mercy. We'll never have a judicial procedure above the considerations of clemency. We'll never turn out a remorseless mechanism in the application of criminal law, and need not fear that we might.

Our murder record shows that we need some of the Canadian and British respect for the people who are to be protected from the bullets of a killer. We need not worry that we'll ever be cruel to the man or woman who shot. We are cruel to the people who might have been saved by preventive justice."

**Health Restored by
The Fruit Treatment**



Fourteen years ago, Mr. James S. Delgaty, of Gilbert Plains, Man., was a nervous wreck. His system was shattered by Nervous Prostration, and he was reduced in weight from 170 to 115 pounds.

He wrote on May 15th, 1917, "Every medicine I tried proved useless until a friend induced me to take 'Fruit-a-tives.' I began to mend at once. After using this fruit medicine for three months, I was back to normal. I have never had such good health as I have enjoyed the past six years. We are never without a box of 'Fruit-a-tives' in the house."

Writing again on September 27th, 1923, Mr. Delgaty says, "I stand by my letter to you in 1917—I still recommend 'Fruit-a-tives.'"

"Fruit-a-tives" is a complete fruit treatment—being made of the juices of fresh ripe fruits and tonics. 25c. and 50c. a box—6 for \$2.50—at druggists or sent postpaid by Fruit-a-tives Limited, Ottawa.

Their real value is that their very roughness irritates the walls of intestine, and have as much to do with keeping that organ active as has the chemical action of the juice itself. For this very reason your children should be encouraged to eat the crust of the bread. The smooth white centre of the slice is not only less in food value but is actually constipating in many cases. As you think about your earlier days when you ate all this "rough stuff" and remember that your parents did not know or think of the present day refinements in food, you may get to wondering how they ever got along.

Well, a little further thinking on your part and you will remember that they didn't ride around in automobiles or go up in elevators. They ate plain coarse food and took plenty of exercise—work. You don't want to go back to those days of rough food and work, and yet you expect to live as long and enjoy as good health as your forefathers. "You say 'well the average length of life is longer than it was in former years.'"

That's true enough, but you must remember that people don't die of small pox, typhoid fever, nor tuberculosis in such large numbers now because these conditions can be controlled. And the wasting diseases of childhood are now so scientifically handled that the lives of thousands of children are saved annually. So while the average length of life is now longer, you wouldn't say that the human race as a whole were stronger physically. Now what's my idea in this talk? That you eat your fruits all right. They are good food always, and especially so in summer, but that you do some of the things you did as a boy, that is eating the skin of the apple, some of the orange skin, some of the plump of grapefruit and the stones of grapes. They cannot harm you, but will help to make up for any lack of exercise on your part.

EATING THE CORE

You are now familiar with seedless oranges, seedless raisins, and shortly we'll have seedless grapefruit. You drink your orange juice instead of eating your orange. Your boyhood trick of eating the orange peel also has long since been forgotten. When you eat an apple you remove the skin and seeds. The stones in grapes likewise are frequently removed before the fruit enters your stomach. Now there can be no objection to all these refinements of these choice foods. Certainly they are in a more agreeable form for eating. But there is just one point to remember. These seeds, skin and pulp matter were all placed in the fruit by Nature. They may not have as rich a food value as the more tasty part of the fruit but they have a definite purpose. You might truthfully say that as these hard or rough parts of the fruit pass through the body unchanged they therefore are of no value.

MENTHOLATUM
Tired Feet Skin-Irritation, Bruises
JARS 50c. & 60c.—TUBES 20c.—At all Drug Stores



**A Message from a Woman
who Loves to Bake**

"In Baking good things for my family such as Bread, Rolls and Buns, I have found a vast difference in flours.

"In the Raisin Bread Baking contests I noticed that the prize winning loaf was in every case made with one flour

"—Robin Hood.

"I tried it, found it dependable and easy to bake with and now my bakings are always even in texture, light and flaky, and I require less flour to the baking."

To practice Economy and Bake Better Bread always use

**ROBIN HOOD
FLOUR**



Maritime Produce Company
Newcastle Distributors