

IF BACK PAINS BEGIN ON SALTS

Flush your kidneys occasionally if you eat meat regularly.

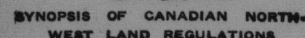
No man or woman who eats meat regularly can make a mistake by flushing the kidneys occasionally, says a well-known authority. Meat forms uric acid which clogs the kidney pores so they sluggishly filter or strain only part of the waste and poisons from the blood, then you get sick. Nearly all rheumatism, headache, liver trouble, nervousness, constipation, dizziness, sleeplessness, bladder disorders come from sluggish kidneys. The moment you feel a dull ache in the kidneys or your back hurts, or if the urine is cloudy, offensive, full of sediment, irregular of passage or attended by a sensation of scalding, get about four ounces of Jad Salts from any reliable pharmacy and take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia and has been used for generations to flush clogged kidneys and stimulate them to activity, also to neutralize the acids in urine so it no longer causes irritation, thus ending bladder disorders. Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink which all regular meat eaters should take now and then to keep the kidneys clean and the blood pure, thereby avoiding serious kidney complications.

CHARTERED.
British schooner, 237 tons, lumber, Gulf to Barbados, at or about \$15; British schooner, 196 tons, lumber, Gulf to Dominica, at or about \$15.



SEALED TENDERS, addressed to the Postmaster General, will be received at Ottawa until noon, on Friday the 7th January, 1916, for the conveyance of His Majesty's Mails, on a proposed Contract for four years, three times per week each way, over Kingsclear Rural Route, No. 1, from the pleasure Postmaster General. Printed notices containing further information as to conditions of proposed contract may be seen and blank forms of Tender may be obtained at the Post Office of Kingsclear and Route Offices, and at the office of the Post Office Inspector at St. John, N.B. N. R. COLTIER, Post Office Inspector.

Post Office Inspector, St. John, N. B., Nov. 24, 1915.



SYNOPSIS OF CANADIAN NORTH-WEST LAND REGULATIONS

The sole head of a family, or any male over 18 years old, may homestead a quarter-section of available Dominion land in Manitoba, Saskatchewan or Alberta. Applicant must appear in person at the Dominion Lands Agency or Sub-Agency for the District. Entry by proxy may be made at any Dominion Lands Agency (but not Sub-Agency), on certain conditions.

Duties—Six months residence upon cultivation of the land in each of three years. A homesteader may live within nine miles of his homestead on a farm of at least 80 acres, on certain conditions. A habitable house is required except where residence is performed in the vicinity.

In certain districts a homesteader in good standing may pre-empt a quarter-section alongside his homestead. Price \$3.00 per acre.

Duties—Six months residence in each of three years after gaining homesteaded land also 50 acres; extra cultivation. Pre-emption patent may be obtained as soon as homesteaded patent, on certain conditions.

A settler who has exhausted his homestead right may pre-empt a quarter-section in certain districts. Price \$3.00 per acre. Duties—Six months residence in each of three years.

The area of cultivation is subject to reduction in case of rough, scrubby or stony land. Live stock may be sublet for cultivation under certain conditions.

W. W. CORY, C. M. G., Deputy of the Minister of Interior.

N. B.—Unauthorized publication of this advertisement will not be paid for.—44188.

A Christmas Trio

READY'S LAGER BEER,
READY'S PALE ALE,
READY'S EXTRA STOUT.

Let this splendid trio usher Christmas into your home. It will bring happiness, Good Cheer and help to enliven many an evening before the roaring fire-place. Any of these beverages shipped to your home in plain clean packages. Order now while you think of it.

READY'S BREWERIES, LTD.

ST. JOHN, N. B.

Telephone Subscribers

Please Add to Your Directories:

W 316—Anderson, R. J., res. 387 Lancaster St.

W 279—Alexander, W. J., Grocer, 81 Westmorland Rd. Number changed from M 2879-31.

W 2834—Andrews, Dr. Joseph, res. 51 Garden, number changed from M 2845-11.

W 756—Alexander, C. L., res. 118 Main.

W 1844—Bennett, Chas. A., res. 159 Metcalf.

W 381—Baker, J. B., Carleton Fish Market, 133 Ludlow.

W 1432—Black, Carey B., res. Manawagonish Rd.

W 3113—Brundage, Harry R., res. 297 City Rd.

W 330—Burton, H. A., res. 90 Princess, number changed from M 1281-21.

W 1432—Currie, Tennyson H., res. 240 Main, number changed from M 1281-21.

W 3074—Canada Life Ins. Co., J. M. Queen, Inter. System, 60 Prince Wm., number changed from M 1281-21.

W 2578—City of St. John, Detective Dept., 138 King East.

W 332—Carleton, Jas. W., Coal and Wood, 9 Rodney, W. E.

W 1090—Cohlan, Miss Lillian, res. 28 White.

W 1521—Connell, M. J., res. 47 St. Patrick.

W 2064—Cornfield, Wm. T., res. 306 King, W. E.

W 344—Cobham, Ralph, res. 24 Harding, Fairville, number changed from W 284-21, address from Dunn Ave.

W 2910—Clayton, Capt. D., res. Metcalf Ext.

W 383—City of St. John, Harbor Master's Office, No. 5 shed, Sand Point.

W 1275—Chase, E. W., res. 133 Hawthorne Ave.

W 311—Customs for West St. John, Dock No. 4, West St. John.

W 3824—Estabrooks, Capt. L., res. 182 Winslow, number changed from W 238-41.

W 93431—Earle, W. D., res. 158 Pond W.

W 38241—Ellis, Wm. H., res. 234 Winlow.

W 294021—Francis, Wm. A., res. 110 Millville Ave.

W 32721—Girvan, E. C., res. Olive, W. E.

W 38241—Green, T. C., res. 227 Winslow, number changed from W 238-41.

W 2674—Hannah, A. R., res. 244 Paradise Row.

W 2674—Hannah, Chas. O., res. 244 Paradise Row.

W 22542—Holder, Samuel J., res. 33 Cedar, number changed from W 756-21.

W 12331—Morrell, Roy E., res. 120 Broad.

W 26421—Moore, Percy, res. 263 Wentworth.

W 3077—Macnasson, Chas., res. 253 Rockland Rd.

W 2181—Mission Church Rectory, Rev. J. V. Young, 42 Paradise Row.

W 385—Marine Depot, Fred Whipple, Nelson.

W 3521—Macee & Warren, Meats & Vegetables, 423 Main, number changed from M 550-21.

W 162—Nagle, W. J., Jr., res. 112 Orange.

W 22631—Pearce, Walter A., res. 2 Olive, W. E.

W 23321—Powers, T. E., res. 2 Cedar Grove Crescent.

W 60342—Pye, W. E., res. 44 Somerset.

W 31091—Roberts, Roy C., res. 158 Metcalf.

W 2712—Stern, S., res. South Bay.

W 28411—Smith, J. Barry, res. 353 Charlotte, W. E.

W 10621—Smith & Richter, Groceries, 249 Union, W. E.

W 21611—Stears, John, res. Lancaster Heights.

W 89—United States Immigration, 129 Union, W. E.

W 2821—Walsh, F. T., Successor to Butt & McCarthy, 68 Germain.

W 53912—Winter, A. M., res. 11 Harding, Fairville.

W 18841—Waring, J. A. W., res. 291 King, W. E.

W 76—Allen Line S. S. Co., Dock 6, Sand Point.

W 3124—Allan Line S. S. Co., Office, 36 King.

W 12321—Allingham, J., res. 113 Guilford, W. E.

W 16411—Belyea, C. E., Men's Furn., number changed from W 41-11.

W 28712—Bellingham, Miss G. E., res. 291½ Rockland Rd.

W 2768—Black Fox Pub. Co., Ltd., 60 Prince Wm.

W 22543—Bosner, Miss L., res. Mana, waronish Rd., number changed from W 262-31.

W 17131—Butler, Michael, res. Millford.

W 1339—Cameron, Geo. A., (The Modern Pharmacy), 157 Charlotte.

W 28551—Clark, Colin C., res. 178 King East.

W 2647—Can. Red Cross Shipping Warehouse, Reed's Point.

W 302921—Craven, Mrs. S. S., res. 100 Coburg.

W 12341—Charters, D. M., res. 73 Queen, W. E.

M 17151—Clark, T. DeWitt, res. 53 Kennedy.

M 479—Colman, H. R., Grocer, 67 Winter.

W 14312—Cowie, John, res. Manawagonish Road.

M 2111—P. R. Investigation Dept., 38 King.

W 4141—Dufferin House, Rodney, number changed from W 42-41.

W 15431—Goodwin, C. W., Butcher, 29 Winslow, number changed from W 42-31.

W 4941—Grocer, 32 Prince, number changed from W 14-41.

M 29052—Ingram, G. L., res. 3 Clarendon, number changed from M 1642-31.

M 11921—Johnson, Mrs. S. B., Meats & Provisions, 28 Main.

W 22312—Lindley, W. A., res. 21 Rodney, number changed from W 18-11.

M 30831—Lowell, W. P., res. 168 Bridge.

M 18331—Lowell, W. P., Martineau Lumber Co., 60 Prince Wm.

M 18241—Lauchner's Bakery, Edna G. Reid, 119 Sydney.

M 1210—Langley, E. A., res. 47 Duke.

M 183611—Loeb, Willet, res. 405 Main.

M 156431—Martin, Mrs. M. E., res. 59 St. James.

M 31431—Murray, Mrs. Maria, res. 249 Rockland Rd.

W 18241—McVicar, Guthrie J., res. 59 Winlow.

M 183141—McKulth, Gilbert, res. 122 W. E.

M 30831—McGivern, Mrs. Richard P., res. 8 Queen Sq.

M 20431—McLaughlin, J. A., res. 20 Queen, number changed from W 36-21.

M 2687—Naval Transport Office, 120 Prince Wm.

W 4112—Smith, I. E., Grocer, 135 Union, number changed from W 42-11.

W 17131—Nichols, Fred H., res. 91 King Tower.

W 3843—Owens, J. Frank, res. 272 Adelaide.

M 185432—Pratt, Capt. John, res. 28 Adelaide.

M 31421—Rogers, Bart., res. 277 St. James, number changed from M 1953-21.

W 18712—Stewart, W. A., res. 136 Duke.

W 21531—Stymlist, Wm., res. Manawagonish Rd., number changed from W 225-41.

M 286241—Taylor, E. R., res. 1834 Duke, number changed from M 1834-41.

W 15421—Taylor, E. R., res. 43 Union, number changed from W 14-11.

M 31241—Trueman, T. P., res. 185 Princess, number changed from M 2854-21.

M 29102—Williams, H. P., res. 64 Adelaide, number changed from M 2910-21.

W 23842—Wilson, Miss A., res. 238 Charlotte, number changed from W 38-11.

M 30841—M. C. A. Military Dept., Exhibition Bldg.

M 202921—Young, S. C., res. 304 Princess, number changed from M 2355-11.

Cleveland, Limited.

PUBLIC NOTICE is hereby given that under the First Part of chapter 79 of the Revised Statutes of Canada, 1906, known as "The Companies Act," letters patent have been issued under the Seal of the Secretary of State of Canada, bearing date the 5th day of November, 1915, incorporating Isaac Macdonald, agent, Laurence Alexander Barry, clerk, John O'Mullin, barister, and George Xavier Couture, theatrical manager, all of the City of Halifax, in the Province of Nova Scotia; and Abel Smith Hatfield, of the City of St. John, in the Province of New Brunswick; agent; and Walter Chester, in the said Province of Nova Scotia, gentlemen, for the following purposes, viz:—

(a) To purchase, hold and use a certain secret process, known as the "Cleveland Process," for the treatment of metals;

(b) To treat metals of all kinds with the said secret process and to manufacture and sell and deal in metal goods and machinery of all kinds;

(c) To procure and use the name of "Cleveland Process" for the holding and controlling of any secret process or processes of annealing and amalgamating metals and the manufacture and sale of the same;

(d) To promote and hold shares of other companies, collect royalties and by other means promote and further the best interests of this company;

The operations of the company to be carried on throughout the Dominion of Canada and elsewhere by the name of "Cleveland, Limited," with a capital stock of forty thousand dollars, divided into 400 shares of one hundred dollars each, and the chief place of business of the said company to be at the City of St. John, in the Province of New Brunswick.

Dated at the office of the Secretary of State of Canada, this 6th day of November, 1915.

THOMAS MULVEY, Under-Secretary of State.

Wholesale Indents promptly executed at lowest cash prices for all British and Continental goods, including Books and Stationery.

Boots, Shoes and Leather, Chemicals and Druggists' Sundries, China, Earthenware and Glassware, Cycles, Motor Cars and Accessories, Drapery, Millinery and Piece Goods, Fancy Goods and Perfumery, Hardware, Machinery and Metals, Jewellery, Plate and Watches, Photographic and Optical Goods, Provisions and Olinette's Stores, etc., etc.

Commission 2½ p.c. to 5 p.c. Trade Discounts allowed. Special Quotations on Demand. Sample Cases from £10 upwards. Consignments of Produce Sold on Account.

WILLIAM WILSON & SONS (Established 1814.)

25 Abchurch Lane, London, E. C. Cable Address: "Annulphs, London."

When you want any Wood—Hard, Heavy Soft or Kindling—call up the largest wood warehouse in St. John. Broad Cove and American Hard Coals always on hand. Good goods promptly delivered.

A. E. WHEPLEY, 238 and 240 Paradise Row, Telephone M. 1227.

You are invited to inspect VAN GUILDER HOLLOW WALL DWELLING (Built like a Thermos Bottle.) Now Being Constructed by Us on Lancaster Ave.

GANDY & ALLISON, Builders' Supplies.

Hard and Soft Coals on hand. BEST IN MARKET.

JAMES S. McGUIVER, 5 Mill street, Telephone 42.

OLD MINE SYDNEY, ACADIA PICTURE, BROAD COVE HARD AND SOFT COAL.

Also HARD and SOFT WOOD, always in stock. Best quality at lowest prices.

GEORGE DICK, Phone M. 1116, 48 Britain St.

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A Message to Thin Weak Scrawny Folks

An Easy Way to Gain 10 to 30 Pounds of Solid, Healthy Permanent Flesh

Thin, nervous, undeveloped men and women everywhere are heard to say, "I can't understand why I do not get fat, I eat plenty of good nourishing food." The reason is just this: You cannot get fat, no matter how much you eat, unless your digestive organs assimilate the fat-making elements of your food instead of passing them out through the body as waste.

What is needed is a means of gently urging the assimilative functions of the stomach and intestines to absorb the oils and fats and hand them over to the blood, where they may reach case large packages. It is this person's body is like a dry sponge—eager and hungry for the fatty materials of which it is being deprived by the failure of the alimentary canal to take them from the food.

An splendid way of working to overcome this sinful waste of flesh building elements and to stop the leakage of fats is to try Sargol, the famous flesh building element in America in recent years. Take a little Sargol tablet with every meal and see if your cheeks don't quickly fill out and rolls of firm, healthy flesh form over your body, covering each bony angle and projecting point. All good druggists have Sargol or can get it from their wholesaler, and will refund your money if you are not satisfied with the gain in weight it produces as stated on the guarantee in M. V. Sargol's book.

If you find a druggist who is unable to supply you send \$1.00 to Sargol Co., 74 St. Antoine street, Montreal, Que., and a complete ten days treatment will be sent you postpaid.

NOTE:—Sargol is recommended only as a flesh builder and while excellent results in cases of nervous indigestion, etc., have been reported, care should be taken about using it unless a gain of weight is desired.

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