

### Mrs. Chas. Peden Gains 27 Pounds

Was Twice Examined and Each Time Told Operation would be Her Only Hope.

"I have just finished my third bottle of Tanlac and have gained twenty-seven pounds," was the truly remarkable statement made by Mrs. Chas. Peden, residing at 550 Mill St., Huntville, Alabama. Mrs. Peden is one of the best known and most highly respected women of that city where she has made her home for a number of years.

When I commenced taking the medicine," she continued, "I only weighed ninety-eight (98) pounds; now I weigh one hundred and twenty-five pounds and never felt better in my life. For years I have suffered with a bad form of stomach trouble, constipation and pains in my side and back. At times the pains took the form of torture and I was twice examined and each time told that an operation would be my only hope. I had fallen off until I only weighed ninety-eight pounds and was so weak I could hardly get around.

"I had no appetite scarcely at all and what little I did eat would cause gas to form in my stomach which gave me palpitation of the heart, sick headaches and a dizzy feeling about the head. When those spells came on me, I would get awfully nervous. I worried about myself until I could rest and sleep but little.

"I had fallen off until I was almost 'skin and bones' and my strength and energy were slowly leaving me. I had a dread of the future and could see nothing but the operating table and the knife. I had a perfect horror of an operation, but had made up my mind that it was either life or death and prepared to submit to it. I had made all preparations for the operation and called on my sister to tell her goodbye, as I did not know whether I would live to see her again or not. My sister begged and pleaded with me not to allow them to cut on me to wait and try a good tonic for a while. The next day as I returned from the consultation room I thought of what she said, and as I had heard so much about Tanlac, decided to try it as a last resort, and stopped at the drug store and got a bottle. Of course, I had lost heart and had no faith in medicine, but to please my sister, I made up my mind to take it, and oh, what a happy day that was for me!

"I never returned for the operation, but just kept taking Tanlac and my improvement has been so rapid that none of my clothes fit me. Right from the start I began to improve. The medicine seemed to take hold right at once. It had a soothing effect, and in a few days I felt no pain at all. I was so happy over my wonderful improvement that I sent and got another bottle of Tanlac and have just finished my third bottle. I feel like I have been made over again into a new woman.

"As I have said before, I now weigh one hundred and twenty-five pounds and none of my clothes are big enough for me, and I will have to make them over again. I now have a ravenous appetite and my husband says I am simply eating him out of house and home. I have even gone back to my coffee which I was told not to touch. These horrible pains in my back and head have all disappeared and I sleep like a child. I am no longer nervous, and when I get up in the mornings I feel refreshed, cheerful and bright. I am now able to attend to my household work again and I feel as if I had started life all over. My husband is highly delighted and my recovery is the talk of the neighborhood. I do nothing but rejoice all day long over the recovery of my health and praise Tanlac to everybody.

"I feel so grateful for my escape from the operating table and the knife, that you may publish what I have said; you may if you wish, tell other women suffering as I was, to come and see me and I will be glad to tell them about my case."

Tanlac is sold by E. J. Morris, Newcastle.

### PILES

Do not suffer another day with itching, bleeding, or protruding Piles. No surgical operation required. Dr. Chase's Ointment will relieve you at once and so certainly cure you. See a post office dealer, or Edmondson, Bates & Co., Limited, Toronto. Sample box free if you mention this paper and enclose 3c. stamp to pay postage.



At Sault Ste. Marie, Ont. The Prince inspecting the Locks.

### The Brant of The Atlantic Coast

The eastern Brant or Brant Goose is a bird which has caused considerable controversy among both sportsman and ornithologists. This partly because of its remote nesting grounds for it breeds only north of the Arctic Circle, in Greenland, and probably as far west as Melville island, where it has been taken in summer, and where it meets the summer-range of the Black Brant. The Victoria Memorial Museum of Ottawa has specimens of both these species taken at Winter harbour, Melville island, by Frank Hennessey, in 1909. The scientific name of the Atlantic coast brant (*Branta bernicla glaucogastra*) indicates that it has whitish or pale-coloured under parts, differing in that respect from the Black Brant (*Branta nigricans*) which breeds in the western Arctic regions and is restricted in its migrations to the Pacific coast.

The brant are salt-water birds and very rarely straggle inland. The brant was formerly one of the most abundant of all the sea-fowl, and the early historical records tell of the swarms which were found on the Atlantic coast, finding refuge in every bay and inlet along the coast where eel-grass is abundant, arriving on the coast of New England in October, and continuing to come until November, scattering thence along the Atlantic coast to the Carolinas.

Mr. E. H. Forbush, State Ornithologist of Massachusetts, in his "Game Birds, Wild-fowl and Shore Birds," published in 1912, assembled records to show that the brant which were formerly among the most plentiful water fowl have decreased noticeably in the last five years. His data seemed to indicate that the brant, which were once so numerous that they were obliged to scatter along the coast to find sufficient feeding grounds for their wants, have now been so reduced in numbers that a few isolated localities give ample accommodation for all that are left, and as practically all the brant in North America visit these few localities in migration, they crowd them so that the impression is given there that they have not decreased in number, and have even increased. This is a condition analogous to that of the Passenger Pigeon when in 1888 a great part of the species seemed to have concentrated in a few localities in Michigan. There they seemed at that time more numerous than ever, yet now the species is believed to be extinct.

Professor Wells W. Cooke, in his "Distribution and Migration of North America Ducks, Geese, and Swans," published in 1906, states that there seemed to be no record of brant on the Arctic coast of the mainland between Franklin bay and the peninsula—nearly a thousand miles. Later explorations by the writer in 1911, and on the Canadian Arctic Expedition in 1914-16, show that the western Black Brant breeds as far east as the west end of Coronation gulf, reducing the blank gap by about three hundred miles. The Atlantic coast brant apparently breed almost entirely on the eastern portion



of the northern part of the North American arctic archipelago.

They arrive late in May or in early June on the northwest coast of Greenland, and breed northward probably as far as land extends. When icebergs begin to appear they move southward in September passing down the Boothia peninsula and the west coast of Hudson bay from whence they apparently cross

### The System is Poisoned

By Failure of the Liver and Kidneys to Purify the Blood Relief Obtained by Use of Dr. Chase's Kidney-Liver Pills.

Too much eating of heavy, highly-seasoned foods and too little outdoor exercise are the most frequent causes. The liver is upset, becomes torpid and inactive, the bowels are constipated, the kidneys are overworked in an effort to get rid of the accumulating poisons and breakdown. Headache, backache, aching limbs sound a warning note, and when this is not heeded the natural development is rheumatism, lumbago, and painful and fatal forms of kidney disease.

To best overcome this condition Dr. Chase worked out in his private practice a prescription which has come to be known as Dr. Chase's Kidney-Liver Pills, because of their combined action on these filtering organs. No treatment has ever proven so successful in awakening the action of the kidneys, liver and bowels, and thereby cleansing the system of all impurities. For this reason Dr. Chase's Kidney-Liver Pills have a world-wide reputation as the most thorough cure for rheumatism, lumbago, chronic indigestion and constipation.

Mrs. Alex. Gordon, Walkerton, Ont., writes: "A few years ago I suffered from kidney and liver trouble, with pains in my back. I had heard of Dr. Chase's Kidney-Liver Pills being good for this, so I commenced taking them. I had only taken a couple of boxes when the trouble was all removed."

Mrs. M. Nickels, 192 Milton street, Sarnia, writes: "I have found Dr. Chase's Kidney-Liver Pills an excellent remedy. I suffered considerably with kidney trouble and backache, but after I had taken five boxes of the Kidney-Liver Pills they gave me relief. Since then, which was about five years ago, I keep them on hand, and use them whenever I feel the need of them."

Dr. Chase's Kidney-Liver Pills, one pill a dose, 25 cents a box, all dealers, or Edmondson, Bates & Co., Limited, Toronto. Substitutes will only disappoint. Insist on getting what you ask for.

the Labrador peninsula to the Gulf of St. Lawrence. They rarely if ever appear on the eastern coast of Labrador or the east side of Newfoundland. Reaching the shore of the Gulf in the fall, they turn eastward toward Anticosti and Prince Edward Island. They then proceed across the neck of the peninsula of Nova Scotia, down the Bay of Fundy, and steer direct for the outer shore of Cape Cod. Sometimes they are deflected by the wind and run on to the Massachusetts coast, but they usually round the cape, and pass Nantucket, touching only at outlying points on the coast until they reach Virginia and North Carolina, where most of them winter, although many winter at points farther north and some in Massachusetts waters. Professor Cooke, basing his deductions on the reports of many observers extending over a period of years, states that they return in February to Long Island sound. By the end of March the van has reached northern Nova Scotia, spending the next month around the Gulf of St. Lawrence.

All observers agree that the brant do not go around the east shore of Newfoundland in spring, but steer directly north across the Labrador peninsula. The average date on which they reach latitude 46 in the Gulf of St. Lawrence is March 23, and it is not until May 30 that early arrivals have been recorded in latitude 79, showing an average speed of 34 miles per day. Prince Edward Island observations show that the brant arrive at the island in spring nearly always in the night, and that the dates when the large flocks leave Cape Cod coincide with the date of their arrival at Prince Edward Island. About June 1, when Mr. Forbush thinks probably comprise a great part of the Atlantic coast brant, as sembo outside of Charlotte harbor, in great flocks, and then go across the Gulf of St. Lawrence to the northward. They are never seen in spring on the west shore of Hudson bay, according to the observers although they come down that coast in the autumn.

The limited routes of migration seem to give an explanation of the great apparent numbers of brant. Practically all the individuals of the species collect from a great area beyond the Arctic Circle and concentrate upon one line of flight along the Atlantic Coast. On such a line of flight the individuals of such a species will naturally appear very numerous until they approach extinction, and particularly so when they are driven away from all but a comparatively few feeding grounds.

Brant are well protected in summer by the remoteness of their nesting grounds. However, they have a very brief season of summer there, and severe and unseasonable storms very likely may destroy most of the increase of the season, as in some seasons practically no young birds appear. If shooting is unchecked, the brant, like the Eskimo Curlew, might approach to extinction almost unwarmed.

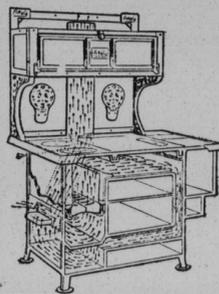
The Migratory Birds Convention Act protects these birds in spring and as they are similarly protected in the United States, it is to be hoped that their numbers will increase in the years to come.

To obtain copies of the Migratory Birds Convention Act apply to The Commissioner, Dominion Parks Branch, Department of the Interior, Ottawa, Ontario.

### Fire-Range AND Heaters

CUT THE FUEL BILL IN HALF

Better, Safer, More Economical Than Gas.



"The Greatest Stove Invention of the Age"

YOU NEED IT!

You Are Daily Paying for it!

Why Not Have It?

### A Fire-Range in Your Home MEANS

50 Per Cent Saving in Fuel  
60 Per Cent Less Ashes  
50 Per Cent More Cooking Surface  
50 Per Cent Less Labor to Operate

Coal is \$12.00 now and may soon be higher. What does this mean to you?

NO FIRES TO KINDLE. NO MORE BLACK BOTTOM KETTLES.

Warmer Kitchen in the Winter time, Cooler Kitchen in the Summer time, Quicker Service in the Morning, Hot Water Day and Night.

Holds Fire Over Night With Wood  
Holds Fire Ninety Hours With Coal

PERFECT BAKING WITHOUT DAMPER OPERATION  
Burns any kind of Fuel. No dusty ashes to sift.  
No more black leading to be done.

SOLD EXCLUSIVELY BY

B. F. MALTBY, Newcastle, N. B. Phone : 121

### THE ROYAL BANK OF CANADA

HEAD OFFICE: MONTREAL

LONDON, Eng.  
Princes St., E. C.

BARCELONA  
Plaza De Catalunya 3

NEW YORK  
65 WALL ST.  
PARIS  
28 rue du Quatre-Septembre

With our chain of 595 Branches throughout Canada, Newfoundland, the West Indies, Central and South America, we offer a complete banking service to exporters, importers, manufacturers and others wishing to extend their business in these countries. Trade enquiries are solicited. Consult our local Manager or writedirect to our

FOREIGN DEPARTMENT, MONTREAL, QUEBEC.

A close working arrangement has been effected between this bank and the

LONDON COUNTY WESTMINSTER & PARR'S BANK, LTD.

CAPITAL PAID UP & RESERVES, \$31,000,000  
TOTAL ASSETS OVER \$470,000,000

### MARVEN'S WHITE LILY BISCUITS

Ask for Maritime Union  
Dishes Assorted  
Dishes Maple  
White Lily Assorted



They fill the bill exactly. They satisfy.

SOLD IN BULK—IN PACKAGES—IN TIN PAIS

J. A. MARVEN, LTD.

OTTAWA, ONTARIO