# FINANCIAL WORLD

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YIELD 5.40% TO 6 1-4%
SEND FOR SPECIAL LIST
EASTERN SECURITIES
COMPANY LIMITED
JAMES MacMURRAY, MG. DIR.
ST. JOHN, N. B. -:- HALIFAX, N. S.

r"
TIME TO CONSIDER
r heirs may not be well qualified to care for his pro-
placed in trust for him, or perhaps circumstances
that one heir should receive a larger share than

made each heir must share the property in ac-
d provision of the law.
TERN TRUST COMPANY
FERGUSON, Manager for N B.

GALL & COWANS
of the Montreal Stock Exchange
Wm. Street, St. John, N. B.
UGHT AND SOLD IN ALL MARKETS
TOCKS CARRIED ON MARGIN
bec, Vancouver, Ottawa, Winnipeg, Halifax,
onnected by Private Wire.

NSURE WITH THE
ident And Guarantee Company
ess, Employers' Liability, Guarantee
y and Plate Glass Insurance
GILCHRIST, General Agents, St. John, N. B.

D BALL
EVERAGE
ng Temperance Drink with a Taste
will Charm Your Palate.
APPETIZING — HEALTHFUL
of Nature is gathered the rare com-
nts blended in Red Ball Beverage,—
mperance Drinks.
t flavor results from a special process
ue its delicious velvety smoothness.
e is made to comply with the provi-
20 of Acts of 1916, of the Province
, and does not contain more than two
t of proof spirits.
FOR IT EVERYWHERE.
ES, LIMITED, St. John, N. B.

## FARM LABORERS

CANADIAN PACIFIC

THE DATE: Aug. 27

THE RATE: $12.00 TO WINNIPEG

N. R. DesBrisay, D. P. A., C. P. R., ST. JOHN, N. B.

### CHICAGO PRODUCE

(McDOUGALL & COWANS.)

Chicago, Aug. 23—Wheat, No. 2 red, 2.20 to 2.22; No. 3 red, 2.17 to 2.19; No. 2 hard, 2.29 to 2.31; No. 3 hard, 2.25.

Corn—No. 2 yellow, 1.79 to 1.82½; No. 3 yellow, 1.81½; No. 4 yellow, nominal.

Oats—No. 3 white, 54½ to 56; standard, 54¾ to 55¼.

Rye—No. 2, 1.75 to 1.77.

Barley—1.05 to 1.30.

Timothy—4.50 to 8.00.

Clover—14.50 to 18.00.

Pork—43.15.

Lard—23.10.

Ribs—23.37 to 23.87.

| | High | Low | Close |
|---|---|---|---|
| **Wheat.** | | | |
| Sept | 207 | 204½ | 207 |
| **Corn.** | | | |
| May | 107⅝ | 105¾ | 107 |
| Dec | 109¾ | 107¾ | 109¼ |
| **Oats.** | | | |
| May | 58¼ | 57¼ | 57⅞ |
| Sept | 54⅜ | 53½ | 54 |
| Dec | 54⅞ | 54 | 54⅜ |
| **Pork.** | | | |
| Sept | 43.15 | 42.75 | 43.15 |
| Oct | 42.82 | 42.45 | 42.82 |

**Bank Clearings.**

St. John bank clearings for the week were $1,851,867; corresponding period last year, $1,854,017; corresponding period 1915, $1,525,282.

Montreal, Aug. 23—Bank clearings for the week ended today $81,605,865; corresponding week last year, $65,012,557, and 1915, $53,384,207.

Our New Booklet—
"TOURS IN THE WEST INDIES"
—Is Ready
Write for a copy to
57-59 Granville Street,
Halifax, N. S.
THE ROYAL MAIL STEAM PACKET CO.

ANCHOR-DONALDSON LINE
PASSENGER SERVICE
Between
MONTREAL AND GLASGOW
For information as to rates and sailings apply to local agents or The Robert Reford Co., Limited, General Agents, 162 Prince William Street, St. John.

### Eastern Steamship Lines
Incorporated.
PORTLAND, BOSTON, NEW YORK
International Line.
Steamers leave St. John every Monday, Wednesday and Friday at nine a.m., touching at Eastport, Lubec and Portland; due Boston following day three p.m. Returning, leave Boston same days nine a.m. via above ports.
Metropolitan Line.
Direct between Boston and New York via Cape Cod Canal. Steamers leave India wharf, Boston, every day at six p.m. Same service returning from Pier 18, N. R., New York.
A. C. CURRIE Agent, St. John, N. B.
City Ticket Office, 47 King Street.

### GRAND MANAN S. S. CO.
Until further notice a boat of this line will leave Grand Manan 7 a. m. for St. John, arriving about 2.30 p. m. returning Tuesday 10 a. m., arriving Grand Manan about 5 p. m. Both ways via Wilson's Beach, Campobello and Eastport.
Leave Grand Manan Wednesdays 7 a.m. for St. Stephen, returning Thursday 7 a.m., both ways via Campobello Eastport and Cummings Cove.
Leave Grand Manan Friday 6 a. m., for St. John direct, arriving 10.30 a.m. returning leave St. John 2.30 p. m., arriving 7 p. m.
Leave Grand Manan Saturdays for St. Andrews 7 a m., returning 1.30 p. m. both ways via Campobello, Eastport and Cummings Cove.
Atlantic Standard Time.
SCOTT D. GUPTILL, Manager

### CRYSTAL STREAM STEAMSHIP CO.
ST. JOHN-FREDERICTON ROUTE.
Steamer D. J. Purdy leaves 8.30 a.m. Mondays, Wednesdays and Fridays, making all intermediate stops, returning alternate days.
Rate to Fredericton by boat, return by train, $2.50, or $3 for stopover.
St. John Washademoak Route.
Steamer Majestic leaves at ten a.m. Tuesdays, Thursdays and Saturdays, returning alternate days.
Telephone Main 304. D. J. Purdy, manager.

### The Maritime Steamship Co.
Limited.
Until further notice the S. S. Connors Bros., will run as follows: Leave St. John, N. B., Thorne Wharf and Warehousing Company, Ltd., on Saturday, 7.30 a. m., daylight time, for St. Andrews, N. B., calling at Dipper Harbor, Beaver Harbor, Black's Harbor, Back Bay or L'Etete, Deer Island, Red Store or St. George. Returning leave St. Andrews, N. B., Tuesday for St. John, N. B., calling at L'Etete or Back Bay, Black's Harbor, Beaver Harbor and Dipper Harbor. Weather and tide permitting.
Agent—Thorne Wharf and Warehousing Co., Ltd., 'Phone, 2581. Mgr. Lewis Connors.
This company will not be responsible for any debts contracted after this date without a written order from the company or captain of the steamer.

### Steamer Champlain
Until further notice, Steamer will leave St. John on Tuesday and Thursday at 12 o'clock noon, and on Saturday at 2 p. m. for Upper Jemseg and intermediate landings, returning on alternate days, due in St. John at 1.30 p. m.
R. S. ORCHARD, Manager.

### TRAVELLING?
Passage Tickets By All Ocean Steamship Lines.
WM. THOMSON & CO. Limited.
Royal Bank Bldg., St. John, N B



# A Reliable Business Directory

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CARSON GARAGE
Ford Service Station.
All Parts in Stock
63 Elm St. 'Phone M. 3085.

We have the Best Mechanics and Best Equipment —For— Quick and Economic Repairs
Motor Car & Equip. Co., Ltd.
108-114 Princess St., 'Phone M. 1809.

CARLETON GARAGE
Car Accessories, Supplies, etc.
—CARS TO HIRE.—
Radiators Repaired.
91 Rodney St., W. E.
'PHONE W. 299.

TIRE REPAIRING
Mitchelin, Goodyear and Dominion Tires
J. H. McPartland & Son
'Phone M-1396-21. 105 Water St.

LBA WILLARD LBA
STORAGE BATTERY
OTTIE S. McINTYRE
Sydney St. 'Phone M. 2183-21

**BINDERS AND PRINTERS.**
Modern Artistic Work
—by Skilled Operators—
ORDERS PROMPTLY FILLED.
THE McMILLAN PRESS,
98 Prince Wm. St. :: 'Phone M 2740

**BAGGAGE EXPRESS**
55 Mill Street, St. John, N. B.
'Phones: Office, 522; Residence, 534.
WHITE'S EXPRESS CO.,
H. G. Green, Manager

**BARRISTERS**

ROY A. DAVIDSON
Solicitor, Etc.
42 Princess Street. St. John, N. B.
Money to loan on City Freehold

J. M. TRUEMAN,
Barrister, Notary Public,
Canada Life Building,
60 Prince William Street
St. John, N. B.

MILES B. INNES
Solicitor, etc.
50 Princess St., St. John, N. B.
Money to Loan on Real Estate.

**BAKERS.**

ST. JOHN BAKERY
Standard Bread, Cakes and Pastry.
H. TAYLOR, Proprietor.
21 Hammond Street. 'Phone M 2140.

HOME BAKERY
E. J. McLAUGHLIN, 92 Brussells St.
Bread, Cake and Pasty,
Wedding Cake a Specialty, Plain or Decorated
'Phone M. 2370-11.

IZZARD'S BAKERY.
Home-Made Bread. Buns and Rolls a Specialty.
Sold at all Grocery Stores.
142 Victoria St., 'Phone M. 1930-11

**BOOTS AND SHOES**

GRAY'S SHOE STORE
High Grade Footwear.
Sole Local Agents for "Invictus" and "Empress" Shoes.
397 Main Street — 'Phone 1089

M. SINCLAIR
65 Brussels Street. 'Phone M-1145-11
DEALER IN
Boots, Shoes, Slippers and Rubbers.
Our Special First-Class Repairing Under Supervision of W. A. Sinclair.

CHAS. E. BELYEA
Boots, Shoes and Gents Furnishings.
First Class Boot and Shoe Repairing.
95 Union St., W. E. 'Phone W.154-11

**CHIMNEY CLEANING**
Prevent your house from burning from a defective and foul chimney, also stop stove from smoking, increase draught. 'Phone M 3100.
MARITIME CHIMNEY CLEANING, REPAIRING & BUILDING CO., 48 Princess Street.

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E. O. LEAHEY,
Contractor,
Protection St., W. E.
Phones, Office, W. 100; House, W. 275.

KANE & RING,
General Contractors,
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'Phone M 2709-41.

POWERS & BREWER,
CONTRACTORS
107 Prince Wm. St.
'Phone M-967.

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Carpenter and Builder
Estimates cheerfully furnished.
Make a specialty of Chamberlin Metal Weather Strip, guaranteed to keep out all wind and dust around windows and doors.
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Wharf Building, Pile Driving and Concrete Work.
'Phone West 312.
Residence—311 Winslow Street, West St. John.

W. A. MUNRO
Carpenter-Contractor
134 Paradise Row
'Phone 2129

Engineers & Contractors, Ltd.
E. R. Reid, President.
E. M. Archibald, Engineer.
102 Prince William street.
'Phone Main 1742.

MURRAY & GREGORY,
LIMITED.
Manufacturers.
Everything in Wood and Glass for Buildings.
Saw Mill and Factories,
St. John, N. B.

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Carpenter, Contractor, Appraiser, etc.
Special attention given to alterations and repairs to houses and stores.
80 Duke street. 'Phone M 786.
St. John, N. B.

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"G. B."
CHOCOLATES
The Standard of Quality in Canada.
Our name a guarantee of the finest materials.
GANONG BROS. LTD.
St. Stephen, N. B.

**COAL AND WOOD**

COLWELL FUEL CO., LTD.
Coal and Kindling
Union Street, W. E.
'Phone W. 17

F. C. MESSENGER,
Coal and Wood,
Marsh Bridge,
'Phone 3030

D. W. LAND
DEALER IN
COAL AND WOOD
Broad Cove Coal a Specialty
Dry Hard and Soft Wood
MARSH BRIDGE. 'Phone M. 2879-31

**DRUGGISTS**

TRUSSES,
SHOULDER SUPPORTS.
ABDOMINAL BELTS.
SUSPENSORIES.
We carry a full line of the above of the best makes.
W. HAWKER & SON,
Druggist, 104 Prince William Street

**DAIRIES**

DAIRY
MILK CREAM BUTTER EGGS
Lancaster Dairy Farm
518 Main St. 'Phone M 2720
South Bay 'Phone W. 413

ROCKWOOD DAIRY
P. W. Flewwelling, Proprietor
MILK, CREAM, BUTTER EGGS, ICE CREAM
78 Guilford St. :—: 'Phone W 124-21

CARLETON DAIRY
Miss S. E. Murphy
MILK AND CREAM, ICE CREAM
Moir's and Ganong's Confectionery.
99 Union Street, W. E.
'PHONE W. 359.

EXTENSION LADDERS
ALL SIZES.
H. L. & J. T. McGowan, Ltd.,
139 Princess St. St. John

**ELECTRICIANS**
ELECTRICAL GOODS
ELECTRICAL CONTRACTORS
Gas Supplies
'Phone Main 873. 34 and 36 Dock St.
KNOX ELECTRIC CO.,

"MAKE YOUR LIVING EXPENSES AN INVESTMENT!"

Make your living expense an investment by buying home products, and reap the benefits in a bigger, happier, more prosperous city. If you confine your purchases to goods made here, your condition will be materially bettered by increased activities all along the line.

In favoring home products your money will buy as much as it would if spent for "imported" brands—if not more—. Our producers can not afford to give you anything but the best—and the extra profit you receive cannot be measured in dollars and cents alone.

The money you spend for goods manufactured here, stays here and continues to circulate here. Its effect is far reaching. It leaves a profit in the hands of everyone it reaches.

Remember, that to a very large extent, our prosperity is dependent upon our commercial strength. Industries alone build up a city and our city needs the individual support of every citizen to show the growth, the progress and the large degree of prosperity we want it to attain.

THE VAUGHAN ELECTRIC CO., Ltd.
Electrical Engineers
Germain St., St. John, N. B.

**ELEVATORS**
We manufacture Electric Freight, Passenger, Hand Power, Dumb Waiters, etc.
E. S. STEPHENSON & CO., St. John, N. B.

**FIRE INSURANCE**
WESTERN ASSURANCE CO.
Incorporated 1851
Assets over.....$4,000,000.00
Losses paid since organization over..... 63,000,000.00
Head Office: Toronto, Ont.
R. W. W. FRINK, Branch Manager, St. John, N. B.

WHITE & CALKIN,
Fire, Plate Glass, Accident, Automobile Insurance
Every Person Should Carry Insurance
107 Prince William Street
'Phone M-651.

—FOR—
"Insurance that Insures"
—SEE US—
Frank R. Fairweather & Co.,
12 Canterbury St. 'Phone M. 653.

HUGH H. McLELLAN,
Fire Insurance
'Phone M. 2642
47 Canterbury Street

**FIRE INSURANCE**
LONDON GUARANTEE,
London, England.
Chas. A. Macdonald & Son
49 Canterbury Street.
'Phone Main 1536.

QUEEN INSURANCE CO.
(FIRE ONLY).
Security Exceeds One Hundred Million Dollars.
C. E. L. JARVIS & SON
Provincial Agents.

J. FRED WILLIAMSON
MACHINISTS AND ENGINEERS.
Steamboat, Mill and General Repair Work.
INDIANTOWN, ST. JOHN, N. B.
'Phones: M-229; Residence M-2368.

**DRIVING CARRIAGES**
In various styles at low prices
J. P. LYNCH
270 Union St., St. John, N. B.

**JEWELERS**
POYAS & CO., King Sq.
Full Lines of Jewelry and Watches
Prompt Repair Work. 'Phone M 2695-11

**STOVES AND RANGES**
PHILIP GRANNAN
PLUMBING AND TINSMITHING.
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**LUMBER MERCHANTS**
JOHN S. EAGLES & CO.
have removed their office to the Canadian Bank of Commerce Building, King St.

**MANILLA CORDAGE**
Galvanized and Black Steel Wire Rope, Oakum, Pitch, Tar, Oils, Paints, Flags, Tackle Blocks, and Motor Boat Supplies.
Gurney Ranges and Stoves and Tinware
J. SPLANE & CO.
19 Water Street

**MEAT AND PRODUCE**

ROBERT L. BUTLER
Meats and Provisions
Western Beef
271 Main St. 'Phone M. 2342

GREEN PEAS,
New Potatoes, String Beans and Squash. Delivery to West Side on Tuesdays, Thursdays and Saturdays. Phone M. 368 and M. 369.
J. I. DAVIS & SON,
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S. Z. DICKSON
Produce Commission Merchant
STALLS 8, 9, 10 AND 11,
City Market
Telephone Main 252 Terms Cash
ST. JOHN, N. B.

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Beef, Pork and Poultry
All Kinds of Country Produce
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'Phone M. 1145-41

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Dealer in
Poultry, Meats, Hides and All Kinds of Country Produce
Stall A, — City Market
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O'NEIL BROTHERS
Wholesale and Retail Dealers in MEATS, POULTRY, VEGETABLES etc. Game of all kinds in season.
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NORTHRUP BROS.,
Milk and Cream.
Prompt Delivery.
Phone M. 899.

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NOYES MACHINE CO.
Gasoline Engine (and Automobile parts) made at short notice.
Manufacturers of Shipmate two-cycle engine. All kinds of supplies always on hand.
Nelson St.—Look for the Sign.

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ROBERT WILBY, Medical Electrical Specialist and Masseur. Treats all nervous diseases, neurasthenia, locomotor ataxia, paralysis, sciatica, rheumatism. Special treatment for uterine and ovarian, pain and weakness. Facial blemishes of all kinds removed. 46 King Square.

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S. GOLDFEATHER
625 Main St.
We Duplicate Broken Lenses Without Prescription
All repairs are done promptly

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Your family and friends want your Photograph. COME NOW.
THE REID STUDIO,
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and General Hardware
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STEEN BROS.
Cornmeal, Oats, Bran, Middlings and Feed.
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Boarding, Hack and Livery Stable
OPEN DAY AND NIGHT.
Coaches in Attendance at All Trains and Boats.
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Hardware Dealers, Wall Paper, Paints, Kitchen Utensils, Mill and Contractors' Supplies.
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Everything You Need
Garden Tools, Household Articles; Paints, Brushes; Builders' Hardware and Carpenters' Tools. Only the best lines carried.
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331 Main St., North End. 'Phone 398.

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We manufacture all styles Harness and Horse Goods at low prices.
H. HORTON & SON, LTD.,
9 and 11 Market Square.
'Phone Main 448.

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VICTORIA HOTEL
Better Now Than Ever
87 KING ST., ST. JOHN, N. B.
SAINT JOHN HOTEL CO., LTD.
Proprietors
A. M. PHILLIPS, Manager

**INSURANCE**
J. M. QUEEN
N. B. Manager Canada Life Assurance Co.
Imperial Guarantee and Accident and six good tariff fire companies.
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**IRONS AND METALS**
FOR SALE—FIVE TONS SECOND hand corrugated iron, suitable for covering mills or building private garages. John McGoldrick, 65 Smythe St.
JOHN McGOLDRICK,
65 Symth St.,
'Phone 228 — St. John, N. B.

## SHIPPING NEWS

### MINIATURE ALMANAC.

August Phases of the Moon

Full moon .... 3rd 1hr. 11m. a.m.
Last quarter .. 9th 3hr. 56m. p.m.
New moon ....17th 7hr. 21m. p.m.
First quarter ..25th 3hr. 8m. p.m.

| Date | D. of W. | Sun Rises | Sun Sets | H. Water a.m. | H. Water p.m. | L. Water a.m. | L. Water p.m. |
|---|---|---|---|---|---|---|---|
| 24 | Fri | 5.41 | 7.11 | 3.38 | 16.01 | 9.46 | 22.11 |
| 25 | Sat | 5.42 | 7.10 | 4.26 | 16.54 | 10.33 | 23.03 |
| 26 | Sn | 5.43 | 7.08 | 5.22 | 17.52 | 11.20 | ... |

**SUCCESSFUL WRECKING OPERATION.**

A successful wrecking operation was carried out on Tuesday by the steamer Stella Maris ,of Halifax, and the Lord Strathcona. On Saturday, August 11, a big British tramp steamer, bound from across for Montreal in ballast, went ashore at the Magdalens. The steamer could not get off under her own steam and rescue craft sent to her assistance could accomplish nothing. On Monday, August 13, the Stella Maris, equipped with complete wrecking apparatus, sailed from Halifax for the Magdalens. She made the run in the good time of forty-six hours, arriving at the scene of the wreck on Wednesday of last week. The Lord Strathcona arrived later and the two set to work to refloat the stranded steamer. Preparations were made and day after day the operations went on until finally at eleven o'clock on Tuesday the steamer was hauled out into deep water. The wrecking craft with the refloated steamer in tow left on Wednesday for Halifax.

**SCHOONER ABANDONED.**

The well known former Portland schooner Fanny Hayden, which was sold only a few weeks ago by her owner, Capt. W. A. Sweetser, to Boston parties, did not last long enough to make much money for her new owners, having drifted ashore on Pollock Rip Shoal late Sunday afternoon and became a total loss. She was abandoned by her skipper and crew, who landed at Old Harbor coast guard station in the evening She was commanded by Joseph Brewster of Boston, and carried eight men.

**FLEET TIED UP.**

A strike of firemen and oilers in the employ of the New England Fuel and Transportation Co. ties up 11 vessels, the entire fleet of the company, and ties up the transportation facilities of which are bringing 200,000 tons of coal into New England monthly.

**SHIP BUILDING.**

Latest advices show that shipyards from Baltimore south of Galveston have contracts in hand for 417 vessels, of which 119 are to be built of steel, totalling 734,000 tons. The aggregate cost of these will be $280,000,000, and in addition to naval work under way, of which there is $90,000,000 worth of construction These startling figures give an indication of the activity in shipbuilding going on in a section of the Country that for years has had practically nothing to do with this industry.

**NOTICE TO MARINERS.**

Portland, Aug. 20, 1917.
Seacoast of Maine.

Manana Island Fog Signal Station—Fog signal was repaired on the 19th instant, having been reported out of commission on the 18th instant.

Winter Harbor, Me.

Grindstone Ledge Buoy, 2, 2d-class, was relieved on the 17th, having been previously reported as being caught down so that it was visible only at low water.

Somes Sound Approach, Cranberry Island Passage (Western Way) Me.

The Drums Buoy, 1, spar, was replaced with a perfect buoy on the 18th instant, having been reported missing on July 28, 1917.

**HOW A LITTLE SAVED MOUNTS UP.**

The new vogue of carrying parcels home as a means of practising war economy is becoming popular in many cities in America. Some powerful organizations of women have taken the matter up with the idea of getting merchants to make prices slightly more favorable for those shoppers who carry their own parcels.

Sometimes it is necessary for the shopper to have some or all of her purchases delivered at her home. The woman with children or with a long shopping list involving a lengthy walk cannot be expected to burden herself with parcels, many of which are heavy. But very often small parcels can be carried in the hand without inconvenience or discomfort. To remember to do this in war time is to feel the thrill of service for the cause.

At a hundred stages of each day's experience there are opportunities for economizing. It is a happy duty to buy War Savings Certificates with money saved by reversing certain habits acquired in ante-bellum days. A little saved here and there soon mounts up to a lot. B-24

**C. P. R. SUBURBAN SERVICE.**

The Suburban service in Canadian Pacific territory between St. John and Welsford will continue in effect until Saturday, September 22nd. This will enable patrons whose commutation books are about expiring to repurchase and get the full benefit of a new book of tickets.

**TAILORS**

J. ELDON WILSON
Manager.
SANITARY STEAM PRESSING CO.
Cleaning, Pressing and Repairing
We guarantee not to burn or scorch your suits.
122 Charlotte Street.
'PHONE M. 1414-11.

Private lessons in Ladies' and Gentlemen's Tailoring. Full course of cutting given by an expert graduate of American Fashions of New York.
A. MORIN, Instructor,
52 Germain Street, St. John, N. B.

FRANK A. HOLLIS
MERCHANT TAILOR
Cleaning, Pressing and Repairing
St. John Electric & Steam Pressing Co.
60 Wall Street.
'PHONE M. 2483.

**WAREHOUSE**
J. H. POOLE & SON
22-28 Nelson Street
Bonded and General Warehouse Selling and Distributing Agents.
'Phone—M. 935-11.

**WHOLESALE FRUITS**
A. L. GOODWIN
36-38 Germain Street
St. John, N. B.

DOMINION COAL COMPANY Limited
DOMINION and SPRINGHILL — BITUMINOUS STEAM and GAS COALS
GENERAL SALES OFFICE
112 ST. JAMES ST. MONTREAL
R. P. & W. F. STARR, LTD.,
Agents at St. John.

**COAL**
Best Quality
Reasonable Price
Wholesale and Retail
R. P. & W. F. STARR, LTD.
49 Smythe St. 159 Union St.

**SYDNEY COALS.**
Now Landing Fresh Mined Sydney Coal.
JAMES S. McGIVERN,
Tel. 42. 5 Mill St.

## WHAT DYSPEPTICS SHOULD EAT

A PHYSICIAN'S ADVICE.

"Indigestion and practically all forms of stomach trouble are, nine times out of ten, due to acidity; therefore stomach sufferers should, whenever possible, avoid eating food that is acid in its nature, or which by chemical action in the stomach develops acidity. Unfortunately, such a rule eliminates most foods which are pleasant to the taste as well as those which are rich in blood, flesh and nerve building properties. This is the reason why dyspeptics and stomach sufferers are usually so thin, emaciated and lacking in that vital energy which can only come from a well fed body. For the benefit of those sufferers who have been obliged to exclude from their diet all starchy, sweet or fatty food, and are trying to keep up a miserable existence on gluten products, I would suggest that you should try a meal of any food or foods which you may like, in moderate amount, taking immediately afterwards a teaspoonful of bisurated magnesia in a little hot or cold water. This will neutralize any acid which may be present, or which may be formed, and instead of the usual feeling of uneasiness and fullness, you will find that your food agrees with you perfectly. Bisurated magnesia is doubtless the best food corrective and antacid known. It has no direct action on the stomach ;but by neutralizing the acidity of the food contents, and thus removing the source of the acid irritation which inflames the delicate stomach lining, it does more than could possibly be done by any drug or medicine. As a physician, I believe in the use of medicine whenever necessary, but I must admit that I cannot see the sense of dosing an inflamed and irritated stomach with drugs instead of getting rid of the acid—the cause of all the trouble Get a little bisurated magnesia from your druggist, eat what you want at your next meal, take some of the bisurated magnesia as directed above and see if I'm not right."


## MRS. KIESO SICK SEVEN MONTHS

Restored to Health by Lydia E Pinkham's Vegetable Compound.

Aurora, Ill.—"For seven long months I suffered from a female trouble, with severe pains in my back and sides until I became so weak I could hardly walk from chair to chair and got so nervous I would jump at the slightest noise. I was entirely unfit to do my house work, I was giving up hope of ever being well, when my sister asked me to try Lydia E. Pinkham's Vegetable Compound. I took six bottles and today I am a healthy woman able to do my own housework. I wish every suffering woman would try Lydia E. Pinkham's Vegetable Compound, and find out for themselves how good it is."—Mrs. CARL A. KIESO, 596 North Ave., Aurora, Ill.

The great number of unsolicited testimonials on file at the Pinkham Laboratory, many of which are from time to time published by permission, are proof of the value of Lydia E. Pinkham's Vegetable Compound, in the treatment of female ills.

Every ailing woman in Canada is cordially invited to write to the Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass., for special advice. It is free, will bring you health and may save your life.