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 Physician and Surgeon  
 Office at Residence, formerly the R. R. Cail  
 Property  
 Office Phone 188

**LAND SURVEYOR AND TIMBER CRUISER**  
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 are just as anxious to discover and employ well trained help as young people are to secure good positions.  
 No better time for entering than just now.  
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 make less than twice the cost of a course including board, during the first year after graduation.  
 NOT MANY INVESTMENTS make so good a return.  
 NEW CLASSES started at the beginning of each month. Send for full particulars. Address:  
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**On Public Wharf**  
 Lime, Cement, Fire-Clay, Land Plaster, Hard Wall Plaster, Fertilizer, Slag, Sewer Pipe, Hay, Straw and Coal.  
 Orders taken at store and promptly delivered.  
**STOTHART MERCANTILE CO., Ltd.**  
 Phone 45

**Charles Sargeant**  
**FIRST CLASS LIVERY**  
 HORSES FOR SALE AT ALL TIMES  
 PUBLIC WHARF, PHONE 61 Newcastle

**HAY, FLOUR and FEED**  
 Quebec Hay—Best Prices  
 Hard Wheat Flour in bags (Also Flour in wood)  
 Western Oats  
 Cracked Corn  
 Corn Meal  
 Shorts and Bran.  
 We handle stock of A 1 quality and the prices are right.  
 Dry Cord Wood \$9.00 per Cord. Cut in Stove lengths \$10.50 per cord.  
 Screened Inverness and Old Mine Sydney  
**COAL**  
 Best grades of coal mined in Nova Scotia. Prices are right.  
**E. E. BENSON**  
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**MEN! GIRLS! Don't be "LONESOME"**  
 We put you in correspondence with FRENCH GIRLS—HAWAIIAN—GERMAN—AMERICAN—CANADIAN etc. of both sexes etc. who are refined, charming and wish to correspond for amusement or marriage if suited. JOIN OUR CORRESPONDENCE CLUB—\$1 per year in monthly including full privileges. PHOTOS FREE. Join at once or write for full information.  
**Mrs. FLORENCE BELLAIRE**  
 200 Montague St., Brooklyn, N. Y.



**ASSESSORS' NOTICE**

The assessors of Rates for the Town of Newcastle, in the County of Northumberland, hereby give notice to every person and Body Corporate liable for assessment within the said Town to furnish the assessors within thirty days, of the date hereof, with a written detailed statement duly sworn to, of Real and Personal Estate and Income for which they are liable to be assessed within the said Town.  
 Blank forms for statements may be had from the assessors or at the Town Office.  
**ASSESSMENT FOR 1922**

Town	County
Park and Fire	\$ 4,000.00
Schools	22,500.00
Police & Street Lighting	4,500.00
Public Works	5,000.00
Contingencies	6,500.00
Sinking Fund	4,700.00
Interest	7,050.00
Water & Sewerage Extension	2,000.00
<b>Total</b>	<b>\$64,969.35</b>

Assessors:  
 H. R. MOODY,  
 A. L. BARRY,  
 J. H. SARGEANT.

Dated at Newcastle, N. B.  
 March 3rd 1922

**Telephone 235**  
 For Your  
**MEATS and GROCERIES**

**Meats, Pork, Sausages, Smoked Meats,**  
 ALL KINDS OF  
**Fresh and Salted Fish**  
 I have pleased all customers satisfactorily for the last seven years and I will still endeavor to do so.  
 All orders promptly delivered and taken care of.  
**Don't Fail to Give Us a Call**  
**A. Grossman & Son**

**200 More MEN Wanted!**  
 To fill positions early Spring. No experience necessary. \$125. to \$200. per month for driving gas tractors, motor trucks, cars, or other power machinery. Write for particulars of our plan whereby you can work in our shops to pay for part of your training for one of these big paying jobs.  
**HEMPHILL'S MOTOR SCHOOL**  
 163 West King St. TORONTO.

**Blank Cartridge Pistols**  
 Well made and effective. Appearance is enough to scare BURGLARS—FRAMPS—DOGS etc. NOT DANGEROUS. Can lay around without risk or accident to woman of child. Mail Prepaid for \$1—superior make \$1.50. blank Cartridges 22 cal. shipped Express at 75c per 100.  
**STAR MFG. & SALES CO.**  
 821 Manhattan Ave. Brooklyn, N. Y.

**NOTICE**  
 We would esteem it a favor if our subscribers would notice the date of their subscription on their paper, and if in arrears to kindly forward us the amount due.

**WILLING TO CUT HIS INDEMNITY**

One member of parliament has risen in the House to urge that his own indemnity along with those of the 234 other members of the Commons, be cut down. In the course of his speech in the debate of the address last night, T. E. Ross, Progressive member from North Simcoe, urged the government to practice strictest economy. He said he would go further, and would make a suggestion which probably would not be favorably received by his fellow members. This was that the legislation should be introduced in the present session to reduce the members indemnity from \$4,000, where it now stands, to \$2,500, the point from which it was increased two sessions ago.

The increase at that time, said Mr. Ross, had not been justified. He admitted that "the laborer was worthy of his hire," and that employing cheap men was not always economy, but he believed the indemnity should have remained at the former figure and he would support any move to get it back there. The member for North Simcoe added that he was making the suggestion voluntarily.

The attendance in the chamber was very light and Mr. Ross's suggestion was not received with any outburst of applause. Instructive in the main, were the comments of successful and defeated candidates in the recent federal elections on the Dominion Election Act, according to the report of the chief electoral offices, tabled in the House of Commons yesterday.

There were 597 candidates in the field, but though all of them were asked for suggestions regarding amendments to the act, only thirty-one replied.

Several of the candidates found fault with the method provided for the making of lists. One of the defeated candidates in Halifax told of a man being registered in five different places and his name being voted on at each.

The time for making lists was too short, in the opinion of many candidates, and candidates found themselves without copies of the official lists almost to the day of polling. There was much complaint of confusion from this cause.

A former minister of the crown, writing from New Brunswick raised the question as to prohibition of payment to anyone for the conveyance of electors to the polls. This cause, he said, "was flagrantly violated in nearly every constituency. It is impossible to convince the bulk of the electorate that they are committing any moral wrong in demanding conveyance to the poll or accepting it."

He suggests that parliament consider some means of reimbursing candidates who receive more than a certain percentage of the votes cast, for a limited expenditure for this purpose.

**SPARE THE MILK; SPOIL THE CHILD**

Importance and Value of the Product of the Dairy Cow. Every family in Canada is vitally concerned in its main food supplies. Among them milk and milk products are as indispensable in the diet of both child and adult as is bread itself. Referring to child nutrition, Dr. A. J. Amyot, Deputy Minister of Health, recently made the statement that there are many under-nourished or improperly fed children in this country, whose condition both physical and mental, would be greatly improved by the more liberal use of milk in the diet.

In a pamphlet just issued by the Dominion Department of Agriculture, Ottawa entitled "Why and How to Use Milk", of which Miss H. C. Campbell of the Dairy Branch is the author, it is stated that milk contains all the requirements for the growth and repair of the body. Milk contains protein from which to build new cells and repairs worn-out tissues. It contains fat and sugar, which serve as a source of heat and energy for muscular activity, and mineral matter, which has a regulatory effect and enters into the composition of the body, especially as regards the bones and teeth. The deficiencies of other foods are counterbalanced by milk in the diet. When milk is served with cereal, with bread, or other food made from grains, not only are the nutrients in milk used, but much other protein is conserved for body uses which would otherwise be wasted. Butter, for which there is no real substitute as a beneficial food, is made from cream, and cream is whole milk with a large percentage of that soluble fat without which the normal growth and development of the body or of the mental powers are impossible. All the good of the milk is not taken off with the cream-fat from it. It still contains the protein, mineral matter and vitamins necessary, to build bone and make blood. Nor is the food value of milk destroyed when it sours. Made into cottage cheese one pound contains as much protein as a pound of meat, and who can deny the deliciousness of sour milk biscuits and griddle cakes?

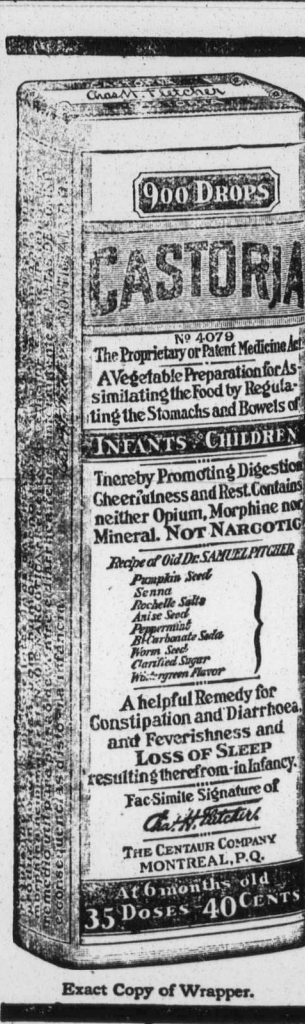
Butter-milk has a food value equal to that of skim-milk or sour milk, is easily digested and is delightfully refreshing to drink. Condensed milk is useful where fresh milk is not obtainable, but is not suitable as a permanent diet for babies. Evaporated milk will keep indefinitely if sealed, but when uncovered should be used as quickly as fresh milk. If given to children, fresh fruit juice should be added to the diet.

One particularly interesting piece of information in Miss Campbell's pamphlet is a description of the manner in which milk can be pasteurized at home, thus being freed of any possible obnoxious germs, with practically no expense and with only a modicum of trouble. People who regard ice cream as a mere luxury are mistaken, it is a real food. In conclusion it may be stated that forty-nine recipes are given in the bulletin referred to for making delicious dishes, in all of which milk is the principal or most important ingredient.

**FATHER DELORME AT BORDEAUX JAIL**

Rev. Father Delorme, under charge of murdering his half brother, Raoul Delorme, Ottawa student, this morning, was at Bordeaux jail, where he is undergoing observation by experts to determine whether or not "he is in a fit state mentally to undergo trial."

His preliminary enquete was adjourned for a week.



**CASTORIA**

For Infants and Children.  
**Mothers Know That Genuine Castoria**  
 Always Bears the Signature of

*Chas. H. Fletcher*  
 In Use For Over Thirty Years  
**CASTORIA**

Exact Copy of Wrapper. THE CENTAUR COMPANY, NEW YORK CITY.

**New Perfection Oil Heater**



AN extremely handy Heater, scientifically perforated so that it will radiate the very most possible heat and not smoke. This Heater is quite handy in any home and very economical. Try One!

**\$7.50**

STOVES RANGES PLUMBING  
**B. F. MALTBY,**  
 Phone 121 Newcastle, N. B.

**TRURO HIT BY THREE FORKS OF LIGHTNING**

At Truro, N. S., a startling phenomena occurred, Tuesday night, when a ball of fire descend-



**Strength**  
 Strength of muscle does not indicate strength of nerves. On this account many people who look healthy enough suffer from nervous troubles and cannot understand what is ailing them. Sleeplessness and irritability are among the early symptoms. Indigestion and tired feelings soon follow.

Read this letter from an Ontario man:  
 Mr. W. L. Gregory, Charles St. E., Ingersoll, Ont., writes:  
 "I had been troubled for quite a while with indigestion. At times there would be a twitching of the nerves of my stomach; and I also found it difficult to get a good night's sleep. I am a moulder, and owing to the nature of my work my system became run-down. I took a treatment of Dr. Chase's Nerve Food, and found great benefit from this medicine. They did me a great deal of good. I have not been bothered at all with indigestion since, and can sleep much better. I have recommended Dr. Chase's Nerve Food to many of my friends, as I think it splendid for anyone run-down and needing a tonic."  
 Dr. Chase's Nerve Food, 50c a box, all dealers, or Edmansod, Bates & Co., Limited, Toronto

**TRY THIS TRICK**  
 "Stand about eighteen inches from a wall, facing the direction parallel with the wall, with your arms hanging relaxed. Stiffen the arm next to the wall and move it away from the body until the back of the hand comes into contact with the wall. Then stand firm and press the back of the hand against the wall as hard as possible, for fifteen seconds. Relax the arm, step away from the wall and this, in the words of scientists, is what will happen:  
 "To the observer's astonishment, the arm will slowly rise, without his making any voluntary effort until it reaches an approximately horizontal position; it will remain there for a few seconds and then fall back. While the phenomenon is taking place, the observer has the sensation that his arm is raised by an exterior force which is quite independent of volition."

ing from a tow line storm cloud lit up the town, and with a crash which rocked buildings burst into three forks of lightning which struck the earth miles apart. One fork set on fire the barn of George Waller on McClure's road, another killed a horse in the stable of George Archibald on Robie road, about two miles due north of the Waller place. The Waller barn was destroyed by the fire. When the lightning bolt fell, C. H. Weatherbee was in the act of throwing coal into the furnace of his residence. The shovel was wrenched from his hands and flung to the ceiling of the basement. Beyond a shock of surprise he sustained no harm.