

MAN OF LETTERS THANKS TANLAC

Canadian Writer Declares He
Never Saw Its Equal For
Building One Up.

"Tanlac is a faithful old friend that never fails me," declared James A. Brain, 671 Gerrard St. E., Toronto Ont., recently. Mr. Brain is one of Toronto's best known citizens, and in addition to being a successful business man, he has written many poems and songs that have gained wide popularity.

"I've been taking an occasional treatment of Tanlac for four years, and it keeps me in fine condition. Why, right now, I feel like I could hold ground in a foot race with any man my age in Canada.

"Before taking Tanlac, I was all run-down, had little appetite, and was suffering from indigestion. I wasn't sleeping well and was often so weak and nervous I couldn't attend business.

"Well, Sir, all these ailments disappeared with my first treatment of Tanlac, and to this good day I've been eating, sleeping and feeling fine. In all my seventy years, I've never seen the equal of Tanlac, and I just wouldn't be without it."

Tanlac is for sale by all good druggists. Over 35-million bottles sold.

GRIPPE PREVALENT

Grippe has been almost epidemic in town during the past two or three weeks, but fortunately the malady has been of a very mild type in the great majority of cases. Many persons are still suffering from the disease and physicians have been kept pretty busy of late. A number of the teachers in the public schools are among the sufferers.



The Glare of the Sun

is apt to hurt your eyes if they are rather sensitive to strong light, and we advise your using our SNOW Goggles. They are made in blue, green, brown and smoke color and are just the thing to wear on the water, in the country, etc.

C. M. Dickison & Sons
Druggists & Opticians
Phone 27 The Rexall Store
The safe, satisfactory Druggists

Dollar Day AT Weldon's

will be full of genuine
BARGAINS

for instance:
Music--5 Sheets for \$1.00
Brunswick Records--
2 for \$1.00
Book Reprints--2 for \$1.00
and hundreds of others
too numerous to men-
tion.

Come early and avoid the rush

Weldon & Co.
The Biggest Little Store in Town
NEWCASTLE, N.S.

FRETTING NAUGHT BUT FOLLY

But Mary-Sergeant, the Subject
of the Unsettling
of the Unsettling

In that doleful, delightful book, "The Education of Henry Adams," occurs a phrase, "the folly of fret," which is better than the usual expression, "the uselessness of worry."

Many sermons have been preached, many lectures delivered, many medical opinions pronounced, many household homilies uttered, on that theme.

The trend of applied science in our century is toward the reduction of friction and the elimination of waste. And a big part of friction and of waste is worry.

We worry about the human machine. We imagine that all sorts of dreadful things are about to happen to us. Our thoughts ought to be on our work--and they are diverted by our worries.

We worry about losing a position in business or our standing in society. There would be less excuse for anxiety if we would spend the energy consumed in trying to do our work still better, trying to serve more effectively the community we live in, striving to discharge the various and delicate offices of friendship with increased tact and perception and sympathetic selflessness.

Worry is quite another matter from a proper carefulness, that weighs a proposition and looks all round its object ere acceptance.

A man who investigates before he buys, who considers alternatives and who asks questions before deciding, who makes no leap in the dark, is not open to the reproach of one whose "folly of fret" merely leads him in frantic circles, like a tethered donkey.

All his fuss and clamor issue in nothing but an ecstasy of motion and emotion.

Man power is too precious to be thrown away in these gyrations that are the pantomime of futility.

Give us more of the calm, big men who plan and then proceed. They seem to have time. They do not operate in a flutter and a fever resembling the hen yard or the stock pen. They make up their minds and preserve their equanimity. Seeing them so cool and controlled, those who do everything in a panic or a paroxysm try their best to excite them by telling them the horse is burning down or the world is coming to an end.

But these quiet and capable ones are not deceived. They know that it is not for man to say when his own life or his own work shall end. In trust and peace they continue on their way--avoiding "the folly of fret" that victimizes and weakens other men.--Philadelphia Public Ledger.

Relics of an Extinct Race.
Relics of an extinct Indian race are being uncovered on the Santa Ynez river by a road construction gang under the direction of Ranger R. Forsythe of the Santa Barbara national forest. The discovery is at a point two miles upstream from the foot of the grade of the San Marcos road on the other side of the mountain.

One such relic brought in to Forest Supervisor Thomas B. Sloan's office was a matter of much speculation. It appears to be a piece of black soapstone in the shape of a cylinder about 1 1/2 inches in diameter and four inches long, with a half-inch hole the length of it. The relic is highly polished, and when first excavated was said to be of a softness that permitted scarring its surface. Exposure to the air evidently had hardened it, however, in a few hours.

Forsythe said two other relics similar to this one have been uncovered, and one of the bones of the forearm of a man also has been found.--Santa Barbara Press.

Some Exceptions.
Among the witnesses called in a trial in a southern court was an old darky.

"Do you swear that what you tell shall be the truth, the whole truth and nothing but the truth?" intoned the clerk.

"Well, sah," returned the witness, shifting uneasily, "dis lawyer gemun kin make it a powful lot easier on hisself an' relieve me of a mighty big strain of he'll leave out anything about gin an' chickens. 'Cepin' for dose, Ah guess Ah kin stick to de truth."--The American Legion Weekly.

No Joke.
Ex-Chancellor Day of Syracuse university, bawling the high price of books, clothes and what-not, said at a dinner:

"Will this thing never end? I heard a story the other day. A charitable lady on a seashore boardwalk dropped a nickel in a beggar's hat. But the beggar returned the nickel to her, saying in not unkindly tones:

"Excuse me, lady; I don't want to hurt your feelin's, but I'll have to return this here nickel back to you. If we take less than a dime we lose our union card."

Manifold Uses Phonographs.
Appreciation of music is taught in the schools of Mansfield, Ohio, with the help of phonograph records. In the seven schools of the town there are 37 phonographs. The machines were paid for by the pupils' music club, which includes 500 boys and girls. Each school has a complete library of records and the school principal receives an average of 25,000. A special notebook in music appreciation guides the teachers in this work, and the music appreciation of the town schools could be the making of a masterpiece.

ECZEMA

You are an expert when you see Dr. Chase's Ointment. It relieves at once and gradually heals the skin. Sample box by Dr. Chase's Ointment free if you mention this paper and send 2c. stamp for postage. See a list of all dealers or Edmundson, Bates & Co., Limited, Toronto.

PRESBYTERY MEETING

The quarterly meeting of the Miramichi Presbytery is in session today in St. James' Hall.

SALVATION ARMY

Major Burrows of St. John held a special meeting in the local barracks on Thursday evening.

HOCKEY

Chatham was defeated by Sussex in a fast game of hockey in Sussex last night by a 4 to 1 score.

IN LIKE A LAMB

March 1st, came in like a lamb, and if the old saying holds true, we may expect it to go out like a lion.

MIRAMICHI HOSPITAL

The Secretary begs to acknowledge with thanks the following contribution: D. & J. Ritchie & Co. Payroll subscription \$75.00

A Cash Prize

A Cash Prize will be mailed to the person who made the largest purchase on Dollar Day. Stothart Mer. Co. Ltd.

MOOSE SLAUGHTERED

It is reported that moose and other game is being slaughtered in the vicinity of Tabusintac River and near Rogersville as well. It is alleged that the snow is so deep and soft that hunters on snowshoes can come up to the animals in a few minutes and slaughter them at will.

SNOW WASTING RAPIDLY

The snow although it fell in huge quantities this winter has been wasting rapidly during the past few days as the sun has been exerting considerable power. It is not anticipated that there will be any unusual quantity of water from melting snow this month. It is probable however, that there will be some more heavy storms before spring arrives.

An Acute Attack Quickly Helped

Montreal Lady Rubs Away Her Cold Troubles With Vicks.

Miss Lachance of 1142 Wellington St., Verdun, Montreal, Que., says: "I had occasion to use Vicks Vapo-Rub during the winter, while suffering from acute LaGrippe, and it gave me instant relief. I used it as per directions on label and also rubbed it over aching spots--throat, joints, forehead and around the nose for cold in the head--and found it very beneficial in every way. It was recommended to me by a friend who uses it as a family remedy all the time."

Vicks VapoRub comes in salve form, and for head or chest colds, you just apply it over throat and chest and cover with a warm flannel cloth. The body heat releases vapors that are inhaled all night long into the throat and lungs--Menthol, Camphor, Thyme, Eucalyptus and Turpentine. Vicks is also absorbed through and stimulates the skin, aiding the vapors to relieve congestion. Usually colds go in one night and croup is commonly relieved in 15 minutes.

By invitation of the manufacturers, fifteen thousand families in Canada tried Vicks last winter for cold troubles, the only condition being that they would report results. The above is just one of the enthusiastic reports received. The above statement is just one of the dozens that can be quoted right in Newcastle.

At all drug stores 50c a jar. For a free test also package, write Vicks Chemical Co., 344 St. Paul St., W. Montreal, P. Q.

The Vicks is now in Canada. It enjoys a remarkable sale. Over 10 million jars used yearly.

DOLLAR DAY

It was decided on Friday at a meeting of the local Retail Merchant's Association to hold Dollar Day on Saturday, March 10th.

The Merchants are now busily engaged preparing for this annual event and it is their intention to make this year's Dollar Day a greater success than past years. The savings which the public are assured is a matter which should be seriously taken into account and by making purchases on Dollar Day they will be well repaid.

Make it your business to be in Newcastle on Saturday, 10th. inst.

JUNIOR CURLERS

The Chatham Juniors defeated the Newcastle Juniors at curling on Sat. in the Newcastle rink. The score was 9-11.

Use it in All Your Baking

PURITY FLOUR

More Bread and Better Bread and Better Pastry too.

CITY-MEAT MARKET

Here's to show you what your Dollar will do on
DOLLAR DAY, SAT. MAR. 10
FOR CASH ONLY

Snowdrift Manitoba Flour 98 lb. bag	\$4.00	8 Figs Napoleon Tobacco	1.00
Snowdrift Manitoba Flour 49 lb. bag	2.00	6 Boxes Matches for	1.00
Snowdrift Manitoba Flour 24 lb. bag	1.00	8 Figs Rosebud Tobacco	1.00
22 lbs. Rolled Oats	1.00	8 Pkgs. Old Chum Tobacco	1.00
10 pkgs. Kellogg's Corn Flakes	1.00	21 Pkgs. Pilot Tobacco	1.00
25 lbs. Granulated Cornmeal	1.00	14 Cakes Surprise Soap	1.00
15 lbs. Hand Picked Beans	1.00	20 Cakes Quick Naptha Soap	1.00
10 lbs. Granulated Sugar	1.00	22 Cakes Champlain Soap	1.00
10 lbs. to each customer		20 Cakes Castile Soap	1.00
7 lbs. Evaporated Apples	1.00	12 Cakes Palmolive Soap	1.00
9 lbs. 80-90 Prunes	1.00	2 Good Brooms	1.00
2 Tins Jam, 4 lbs. each	1.10	3 lbs. pure Cream of Tartar	1.00
4 lbs. Cheese	1.00	2 lbs. Good Tea	1.00
10 lbs. Onions	.25	6 lbs. Sausages	1.00
7 Cans Corn, Tomatoes or Peas	1.00	5 lbs. Beef Steak	1.00
7 Cans Carnation Milk, (large size)	1.00	10 lbs. Stew Meat	1.00
2 lbs. Shelled Walnuts	1.00	4 lbs. Pork Steak	1.00
8 pks 11 oz Seeded or Seedless Raisins	1.00	3 lbs. Breakfast Bacon	1.00
3 Bottles Heaton's Mixed Pickles	1.00	7 lbs. Corned Beef	1.00
		7 lbs. Boneless Cod	1.00

We have 10 fronts of Western Beef, 9c per lb. by the quarter.

Please shop early, we will do our best to deliver all goods when sold, but would kindly request that in the event of not being able to make all our town deliveries, that you grant us the privilege of delivering same on Monday.

Phone 208 **LEROY WHITE** Newcastle

Quality STABLES' GROCERY Service.

The Biggest Event of the Year!

Dollar Day, Saturday, March 10

One day in the year when you make money by spending it. The more you purchase at our store the more you make. We are offering some wonderful bargains. Here are some of them. Come and see the others

One half barrel Potatoes for	\$1.00	8 pkgs. Seedless Raisins	1.00
One half barrel Apples for	1.00	7 lbs. Soda Biscuits	1.00
15 lbs. hand picked Beans	1.00	7 lbs. Milk Lunch	1.00
12 lbs. yellow eyed Beans	1.00	7 lbs. Pilot Biscuits	1.00
12 lbs. Rangoon Rice	1.00	8 lbs. Pure Cocoa	1.00
15 cakes Surprise Soap	1.00	2 lbs. Mocha & Java Coffee for	1.00
13 cakes Palm Olive Soap	1.00	3 doz. Good Fat Herring	1.00
8 pkg. Lux	1.00	15 lbs. small Cod	1.00
8 pkg. Old Dutch	1.00	8 lbs. Boneless Cod	1.00
8 pks. Red Head Matches	1.00	5 lbs. Clear Cut Pork	1.00
10 cans Tomato Soup	1.00	25 lbs. Good Clean Onions	1.00
8 cans Corn	1.00	2 lbs. Good Tea	1.00
7 cans Tomatoes	1.00	7 lbs. Good Prunes	1.00
7 cans Carnation Milk	1.00	2 lbs. Choice Country Butter	1.00
6 cans Carnation Salmon	1.00	3 lbs. Pure Cream of Tartar	1.00
4 cans Peaches	1.00	2 gals. good Cranberries	1.00
4 cans Pears	1.00	3 lbs. Assorted Chocolates	1.00
3 lb can Magic Baking Bak'g Powder	1.00	3 bottles Pure Jam	1.00
20 lb Rolled Oats for	1.00	2 clean sweep Brooms for	1.00
20 lb Buckwheat Flour for	1.00	5 lbs. Hopkin's Sausages	1.00
20 lb Graham Flour	1.00	1 gallon Best Molasses	.90
20 lb Cream of Wheat	1.00	1 lb. Red Rose, Salada, or Orange Pekoe Tea	.55
20 lb Granulated Corn Meal	1.00	10 lbs. Granulated Sugar for	1.00
12 pkgs. Quaker Quokies	1.00	with every purchase of \$5. or over	
8 pkgs. Seeded Raisins	1.00		

MONEY MAKES MONEY. BRING IT WITH YOU.

JAMES STABLES

Everything in Groceries