

GUARD YOUR HOME AGAINST INFLUENZA

Don't Neglect Treating Cold
on Its First Appearance.

The flu has again made its appearance and every home should safeguard its inmates against the epidemic. The initial symptoms of the disease are practically the same as those of a cold in the head. Consequently no appearance of such complaint should be neglected.

As soon as the first sign of a cold—a sneeze, a sniffle, running of the nose, etc.—appears, the sufferer should start taking Grip-Fix. This preparation is composed of ingredients which meet every condition of the system created by the complaint. It keeps the system open, reduces the feverish condition and tones up the entire system. It acts very quickly, a bad cold being relieved in 24 hours and even a case of Grippe in 48 hours.

Grip-Fix is not a patent medicine. It is a combination of just the drugs which any physician would use, and the ingredients are fully stated on each box. It comes in capsule form, the convenient method for home use, and has a record of years of satisfactory service. A box should be in every home at this time of the year.

You can obtain Grip-Fix from your druggist, where it is sold at 35 cents per box. Be sure and get Red's Grip-Fix as there is no substitute which will do its work. Get a supply today and be safe-guarded should the flu come or cold appear.

ZION METHODIST LADIES' CONCERT

The Ladies' Aid of Zion Methodist church held a grand concert in the school room of the church, last night. So popular was the entertainment that the hall was thronged and more than one hundred persons were turned away. The programme was a very fine one and every number was excellently rendered. A substantial sum was realized for the funds of the aid. The programme was as follows: Recitation, Miss Helen Hanley; piano solo, Miss Constance Poth; vocal solo, Miss L. Skidmore; violin duet, A. Skidmore and S. Skidmore; play "Ladies' Aid Business Meeting at Mohawk Cross Roads" with the following cast: Mrs. M. E. Connor, Mrs. S. Skidmore, Mrs. Berryman, Mrs. Poth, Mrs. Hannah, Mrs. Carr, Miss Sinnott, Mrs. Olive, Miss Jordan, Mrs. Jones, Mrs. Fraser Johnson, Mrs. Johnson, Misses Lily and Elizabeth Skidmore, Miss Hanley, Miss Daley, Mrs. Tower, Mrs. H. Smith, Miss Irvine, Mrs. McKee; duet, Mrs. Connor and Miss L. Skidmore; reading, "The Ladies' Aid," Miss Hanley; God Save the King. The concert was the chairman of the entertainment. The aid was greatly delighted at the success of its concert and the audience enjoyed every moment of the programme.

The quarterly meeting of St. Philip's church was held last night, Rev. C. S. Stewart, of Halifax, the presiding elder, being in the chair. All of the various departments made excellent reports of the year's work.



Muscles Mean Nothing
when the nerves fall down. The nerves control the muscles. The stomach feeds both.

**HAWKER'S
NERVE & STOMACH TONIC**
has no equal as a nerve food, blood maker and invigorant. It is an excellent remedy for depression and despondency.

Read what Rev. Wm. Lawson, formerly of Carmarthen Street Church, St. John, has to say:

"On several occasions I have suffered from severe nervous exhaustion and general debility. I was advised to use Hawker's justly celebrated Nerve and Stomach Tonic and have great pleasure in testifying to its restoring, toning, invigorating, and building up properties."

Sold by all druggists and general stores at 50c. The same price everywhere. None genuine without Company's name.

HAWKER'S TONIC AND CHEMIST'S REMEDY IS A SAFE AND SPEEDY REMEDY FOR ALL COUGHS AND COLDS. HAWKER'S LITTLE LIVER PILLS CORRECT ALL STOMACH ILLS.
THE CANADIAN DRUG CO., Limited
ST. JOHN, N. B.

"TIZ" FOR ACHING, SORE, TIRED FEET

Use "Tiz" for tender, puffed-up, burning, calloused feet and corns.

People who are forced to stand on their feet all day know what sore, tender, sweaty, burning feet mean. They use "Tiz," and "Tiz" cures their feet right up. It keeps feet in perfect condition. "Tiz" is the only remedy in the world that draws out all the poisonous excretions which puff up the feet and cause tender, sore, tired, aching feet. It instantly stops the pain in corns, callouses and bunions. It's simply glorious. Ah! how comfortable your feet feel after using "Tiz." You'll never limp or draw up your face in pain. Your shoes won't tighten and hurt your feet.

Get a box of "Tiz" now from any druggist. Just think! a whole year's foot comfort for only a few cents.

**Comfort Baby's Skin
With Cuticura Soap
And Fragrant Talcum**

OUR NURSES MADE A FINE WAR RECORD

Some Aspects of Work Discussed by Matron-in-Chief Macdonald.

Ottawa, April 13.—"Some Aspects of War Nursing" was the subject of an address delivered by Miss M. C. Macdonald, R. R. C. matron-in-chief, R. C. A. M. C., Nova Scotia, to the afternoon session of the seventeenth annual convention of the Graduate Nurses' Association of Ontario, held here.

Matron Macdonald said that never during the war was it necessary to ask for volunteers for nursing. The blighting influence of the money question never entered into their calculations. Honors were granted by the king, but these were regarded as more or less accidents and as of necessity being limited in number. Of the bravery and fearlessness of the nurses not half has been told, she asserted, and gave an instance of what occurred in her own office the morning after the hospital ship Llandovery Castle was sunk by submarine action. A lady entered and said that she would like if she could be utilized for hospital ship service.

"You cannot have read the morning papers," replied Matron Macdonald. "Oh yes, I have, and that is why I am here," was the answer.

So long as the standards of the profession are entrusted to women of this character, we need have no fears for the future, remarked the speaker with emphasis.

"The descendants of Florence Nightingale are not all dead. I met a few of them in the course of the war," she said. Matron Macdonald paid exceedingly high tribute to "a son of this province, the warm friend of all nurses and their necessities, a noble man whose daily usefulness often exceeded the life-work of some men, the late Sir William Osler."

Miss M. I. Foy of Toronto read the report of a committee appointed to assist the Ontario division of the Canadian Red Cross in preparing a health programme for this province. The report was a comprehensive survey of what were considered to be the needs of the province, the more of which were extension of medical survey of schools and establishment of permanent medical and dental nursing services in all schools; increased hospital and sanatorium services for medical, surgical, maternity, tuberculosis, infectious diseases, extension of propaganda work in child welfare, tuberculosis, mental hygiene and general diseases; extension of nursing services, and an organized method of issuing of medical and surgical supplies and other emergency needs in epidemics and disasters.

The first requirement urged is nurses trained in public health nursing, and the University of Toronto has been asked to institute a course of training to counteract the tendency of candidates for the nursing profession in Canada, going to the States for training and often staying there.

A new type of worker was also advocated, a nursing housekeeper.

ACTIVE SEASON BY EAST END LEAGUE

Following plans outlined at the monthly meeting of the East End Improvement League, held last night in Thorne Lodge hall, with David Ramsay in the chair, it is probable that the baseball season will see three home leagues playing on the grounds there, besides athletic meets and baseball games with the Y. M. C. A., Y. M. C. I. High School Athletic Association and other local athletic bodies. The question of extending the activities of the league to include track athletics, bathing, boating, lawn tennis and other sports was also considered.

The constitution and by-laws were read and approved, and it was decided to go ahead with the building of a pavilion and dressing rooms for athletic purposes. A team will probably be entered in the senior city league and permission will be given the other senior teams to play on the East End grounds two nights in each week. These teams will probably be supplied by the St. Peter's Y. M. C. A., the Y. M. C. A., and the Y. M. C. I. The league executive will have an intermediate league, formed among the East End boys, with four teams playing three nights a week, and a junior league of boys around fourteen years, for whom a special diamond will be built. These teams will be all strictly amateur, the East End League being a member of the A. A. U.

The league executive passed a resolution to the effect that it would be glad to co-operate with the Y. M. C. I., Y. M. C. A., High School A. A. and other athletic bodies in the city which are not equipped with proper outdoor facilities, so that they could get the chance of athletic training in the league's grounds very afternoon, insofar as suitable arrangements can be made.

It was announced that the league had a snug cash surplus left over from last year which will go toward defraying the expense of the larger programme laid out for this season. A managing committee of nine members, and a finance committee of three members, were elected. This summer the playgrounds will be under the supervision of a qualified director.

YEAR BROKE THE DOMINION'S STRIKE RECORD

Ottawa, April 13.—There were more strikes, labor disputes and general industrial turmoil, with consequent time lost in Canada during 1919 than in any other year in the country's history. This is revealed in a report compiled by the Labor Department at Ottawa and just issued.

Including eight carried over from 1918, there was a total of 296 strikes and lockouts in Canada during 1919. The number of employees involved was 108,998, and the number of employers 1,913. The total number of working days lost was 3,942,189. The previous record in working days lost was in 1911, when the record stood at 2,046,650 days lost.

There were several outstanding strikes which contributed largely to the total time lost. Among these were the general sympathetic strike in Winnipeg from May 15 to June 26, involving (according

When You Cannot Sleep

What can be more distressing than sleepless nights? Morning finds you tired, depressed in spirits and perhaps ill-tempered. Sleep is nature's way of restoring the nervous energy wasted by the activities of the day. Without sleep you are spending nervous energy without replacing it. Your vitality is running lower and lower each day. Hence the tired feelings, the headaches, the failure of the digestive system and the general depression and discouragement.

The question is how to build up the supply of nervous energy in the body and the problem is solved by the use of Dr. Chase's Nerve Food.

Perhaps the best way for you to satisfy yourself on this point is by reading these letters from persons who have proven the value of this food cure under such conditions.

Kingston, Ont.	Kempt, N.S.	Windsor, Ont.	Port Hope, Ont.
Mrs. S. Topf, 64 Union St., Kingston, Ont. writes: "A few months ago, I was suffering from nervousness, headaches, sleeplessness, and a general run down condition. While visiting my sister, who was using Dr. Chase's Nerve Food, she persuaded me to try it, saying she was sure it would help me. I secured a box, took it, and continued the treatment until I found myself greatly benefited, and able to sleep quite well. From the benefit I have derived, I would recommend it to anyone suffering from nervous debility and run down system." "I have also used some of Dr. Chase's Ointment, and find it a very good ointment to keep in the house."	Mr. Ambrose B. Dowling, Kempt, N.S. writes: "My system was all run down. I was weak and very nervous. For nights at a time I could neither sleep nor rest, and finally had to give up work. I read in a newspaper of a cure made by Dr. Chase's Nerve Food in a case similar to mine, so decided to give this treatment a trial. A few boxes made a great change for the better, and after using eight boxes I can say that I rest well at night, and get a good night's sleep. I can now do my work on the farm, and my nerves are much better. I trust that others, troubled the same as I was, may benefit by this letter."	Mrs. John Lawson, 21 London St. E., Windsor, Ont. writes: "I was troubled for a long time with nervousness and sleeplessness. My system became run down, too. I never knew what it was to have a good night's rest for ever so long. I spent a lot of money doctoring, but never received much benefit from their treatments. One day I bought some of Dr. Chase's Nerve Food, and after using the first box, I found relief. I could sleep better, and did not feel so tired upon rising in the morning. I continued using the Nerve Food, however, until I had built my system up again. I am stronger now and feel more like myself." "I can also say that Dr. Chase's Ointment freed me from a case of piles, from which I had suffered for some time."	Miss Myrtle Broadbent, Bloomsbury Ave., Port Hope, Ont. writes: "I became run down through overwork, was very nervous, restless and subject to headaches. I could not sleep well, became easily worried and took weak spells. My nerves or muscles used to twitch and I had pains through my back. Besides this I suffered from indigestion and my appetite was poor. The doctor told me my whole system was run down and I needed one year of perfect rest and quietness. I did not act upon these orders, but instead began a treatment of Dr. Chase's Nerve Food. This medicine has done me the world of good by curing these symptoms and building up my system in general."

Dr. Chase's Nerve Food

To be a nervous bankrupt is a serious condition. To be sleepless is one of the surest indications that your nervous system needs just such assistance as is best supplied by Dr. Chase's Nerve Food.

You can obtain Dr. Chase's Nerve Food from all dealers or Edmanson Bates & Co., Ltd., Toronto. Be sure to see the portrait and signature of A. W. Chase, M.D., on the box you buy.

sympathetic strikes outside of the city. Classified by causes, 223 of the 296 strikes recorded involved wages. 114 came from May 24 to the end of August, involving 6,286 employees and a time loss of 462,879 working days; the strike of miners at Kirkland Lake, Ont., from June 12 to Oct. 16, involving 625 employees and a loss of 56,170 working days; the strike of the building trades in Montreal, from Sept. 2 to Nov. 24, involving 2,000 employees and a time loss of 113,000 working days. The Winnipeg strike also resulted in considerable time loss through

through, the tribunals of this province will have plenty to do. The figures show that, under the present conditions, Ontario furnishes the great bulk of divorce business.

Of 128 cases entered for this session, 114 came from Ontario. Eight more of which notice has been given, but which will not be taken up this session, seven are from this province and one from Quebec.

Last year Ontario applications for divorce numbered sixty-three, of which fifty-five were granted. A few were postponed and others refused.

There is little question that the Ross bill will pass both houses. The Com-

mons last year adopted by a majority the principle of giving the law courts divorce jurisdiction when it approved of a proposal to that effect by W. F. Nickle, but it was not proceeded with. The senate is pretty well fed up with divorce and a majority will favor the bill, though some Roman Catholic members may oppose it on principle. The fact that such jurisdiction is not sought to be conveyed on the courts of Quebec will go to neutralize any opposition.

RETAIL MERCHANTS MEET.
A routine business meeting of the Retail Merchants' Association, with A. M. MacLean in the chair, was held in

The BLACK CAT says:

"Luck in picking your cigarettes is yours if you look for the symbol of GOOD LUCK—that's me—on your smokes."

"GOOD LUCK follows when you smoke BLACK CAT"—Good Luck in getting real quality, real satisfaction, and BETTER LUCK in getting them for

15 cents

MILD AND MEDIUM

**BLACK CAT
CIGARETTES**