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MRS. M. E. PROCTOR, who says she is so grateful for what Tanlac has done for her that she wants the whole world to know about it. Declares her complete recovery after so many years of suffering seems too good to be true.



"I am so grateful for what Tanlac has done for me that I want to tell the whole world about it," said Mrs. M. E. Proctor, of 717 W. First street, Los Angeles, Calif., when speaking of the splendid results she had obtained from the medicine. "To think that I should have suffered for so many years, and spent hundreds of dollars in vain efforts to get relief and then find complete relief after taking only four bottles of Tanlac, seems too good to be true."

"Yes, indeed; for years and years I suffered terribly from stomach trouble. Everything I ate seemed to form gas and so affected my heart and breathing that I would have palpitation and would turn purple in the face in my efforts to get my breath. These attacks came so often that I was frequently confined to my bed and would have to be attended by some member of the family for fear I should succumb during one of the attacks."

"I got awfully thin and was so weak that I had to give up all household duties. I often went for two weeks at a time without getting a good night's sleep and as a consequence became very nervous and low-spirited. In fact, I was a confirmed invalid and my friends did not expect me to live very long."

"I sat reading the paper one evening when my eye caught the statement of a lady who had suffered with similar trouble to my own and telling how she had been wonderfully helped by Tanlac. I sent for a bottle and started taking it and the results have been most surprising."

"My appetite is splendid now and I can eat most anything without any distress afterward. The gas has stopped forming and I no longer have palpitation or that smothering feeling. I sleep sound all night long and get up feeling rested. I am in better health today than I have been for forty years and I feel years younger."

"I don't believe there ever was as good a medicine made as Tanlac." Tanlac is sold in St. John by the Ross Drug Company and by the leading druggist in every town.—(Adv.)

RAPID GROWTH IN BUILDING PERMITS

Value of Buildings in Toronto for March Over Double February's Total.

A gain of more than a million dollars over March, 1919, is shown in the value of buildings for which permits were issued last month in Toronto. This amounted to \$2,062,747, as compared with \$1,005,660, a difference of \$1,057,187. A nearly proportionate increase was made for the three months of the year over the corresponding period of 1919, the figures for these periods being \$4,994,848 and \$1,907,120, respectively, or a gain of \$3,087,728. Comparative figures for the different classes of buildings, for which permits were issued in March, put brick dwellings first in number with 187, at a value of \$339,100, and garages second with 130, valued at \$85,867. Stores numbered 22, with a value of \$122,000, while factories, although numbering only six, had a value of \$854,000. The total number of buildings for which permits were issued was 632.

HON. DR. SMITH REVIEWS WORK OF DEPARTMENT

Reports on Excellent Work Done—Other Business Before Legislature.

Fredericton, April 7.—The results in the administration of the department of lands and mines under the progressive policies adopted by the present government, furnished the minister of that department, Hon. E. A. Smith with plenty of material for the admirable address which he delivered in the legislature this afternoon when he continued to the house a review of the work of his department and of the growth of efficiency which has marked its operations during the last few years. He told of progress achieved and improvements made in one phase of activity after another, and the impression he made upon the house was such that at the conclusion of his speech the applause from the opposition benches was almost as hearty as that extended to him by his colleagues. A few of the new features introduced in the administration during recent years which he mentioned were the application of the forest fire act, the organization of the advisory board, the work of fire prevention, the appointment of qualified rangers by examination, the complete return of all lumber cut with the collection of the full amount of stumpage, the changes in the dimensions of logs which may be cut to conserve the supply, the increased stumpage rates, the work of survey and classification, the plans for the establishment of a game refuge and other similarly valuable work undertaken.

In referring with regret to the death of the late agent-general of the province, Hon. Dr. Smith mentioned the appointment of a salaried official to succeed him. He said that what the province wanted was capable farmers with some capital and if a man giving his full time to the work could not secure results the office should be abolished.

An Unexpected Answer.
Lewis Smith of Albert county, followed the minister of lands and mines and congratulated him on his able address. He expressed a general approval of the permanent agent-general in London. Mr. Smith drew an unexpected answer when he asked if the Continental Lumber Company still owed the province any money for stumpage. The minister replied that the auditors' report showed that there were three claims outstanding, that of the Continental Lumber Co. against the Sir Wm. Van Horne estate and another, for \$1,557 against J. L. Peckham. Mr. Smith's colleague, Mr. Dickson, Mr. Smith rejoined that the magnets and "financial wizards" should be forced to pay. Continuing his remarks he said that he was a member of the United Farmers party and was proud of it. In view of this he was in the position, who had been promoted to the rank of chief financial critic as a result of his frankness in criticizing his leader. Mr. Meserveau said that in his opinion it was poor policy and poor politics to leave the vacancy in relation to the public works on the success he had attained in making good roads and that in his country they never had such good roads. The health act, he said before, had been better to towns than to the country, but it might be workable in the country if they could find county officials capable of same. He strongly criticized some provisions of the prohibition law, particularly the provision against appeal. He told of a doctor being convicted of issuing prescriptions illegally and although the

HEALTH OFFICIALS WARN THE PUBLIC

Prompt Treatment of Every Case of Cold is Advised.

When the flu epidemic swept the country last year it was generally agreed by medical men that there would be a recurrence of the attack this winter. While it has not swept with the violence of last year there is hardly any community in which it is not present to some degree. In view of the ever present danger of the disease spreading, health authorities are everywhere advising the public to observe extraordinary precautions. One of their first advice is to treat colds as dangerous, the conditions in such cases being similar to those in the first stages of flu. For the treatment of colds there is no preparation equal to Grip-Fix which may be secured at any drug store. It is not a patent medicine but a treatment which would be approved by any family physician. The Grip-Fix is a new preparation as it has been in use many years, doing wonderful work during last year's flu epidemic. It comes in a convenient capsule form and when buying it be sure to get Reid's Grip-Fix as there is nothing else as good. It sells for 35 cents per box and is worth its price over and over when a cold appears. On sale at all druggists.

doctor could prove that the prescriptions were forgeries he could obtain no redress. Such a law, he said, was un-British and should be wiped off the books.

Mr. Dickson Critic.
Dickson, of Kings county, who was the first speaker in the evening, said that he was surprised at the minister's attitude regarding the deficit and assured him that there would be a deficit so long as the present government was in office. The road work performed in his county, he said, was bone-head work, had been neglected and the results were not commensurate with the expenditures. He also alluded to the bridge at Perry's Point, which was carried away in 1909 and suggested that, meanwhile, the bridge should be replaced by a suspension bridge. Mr. Dickson also said that the sheep importations had been a failure.

Dickson, in the course of his remarks, made a vigorous appeal for the reconstruction of the bridge at Perry's Point, which was carried away in 1909 and suggested that, meanwhile, the bridge should be replaced by a suspension bridge.

C. M. Leger.
In a practical speech which was received with much applause, Mr. Leger, of Westmorland, reviewed briefly some of the work accomplished by the various departments of the government since the present government had taken office.

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Does Your Blood Need Iron?

How to Make the Test That Tells

A pale face, a nervous irritable disposition, a lack of strength and endurance—these are the warning signals that Nature gives when your blood is getting thin, pale, watery and starving for iron. If you are not sure, have him take your blood count, or else make the following test yourself: See how long you can walk or how far you can walk without becoming tired; next take two five-grain tablets of Nuxated Iron three times per day after meals for two weeks. Then test your strength again and you will find that you are able to do more work and that you feel better. All good druggists sell Nuxated Iron, on the distinct understanding that if you are deficient your money will be refunded.

BIG EATERS GET KIDNEY TROUBLE

Take a glass of Salts before breakfast, if your Back hurts or Bladder bothers you.

The American men and women must guard constantly against kidney trouble because we eat too much and all our food is rich. Our blood is filled with uric acid which the kidneys strive to filter out, they break down from overwork, become sluggish, the eliminative tissues clog and the result is kidney trouble, bladder weakness and a general decaying of health.

When your kidneys feel like lumps of lead, your back hurts or the urine is cloudy, full of sediment or you are obliged to seek relief two or three times during the night, if you suffer with sick headache or dizzy, nervous spells, acid stomach, or you have rheumatism when the weather is bad, get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia water and has been used for generations to flush and stimulate clogged kidneys; to neutralize the acids in the urine so it is no longer a source of irritation, thus ending bladder disorders. Jad Salts is inexpensive, cannot be habit-forming, makes a delicious effervescent lithia-water beverage, and belongs in every home, because nobody can make a mistake by having a good kidney flushing any time.

Always the Same Pleasing Taste

APROL

The Sweetest Oil from Aprilots

ministration in which it was frankly confessed that no vendor of school books could be appointed except by recommendation of the government supporters. They even had gone so far, he said, that when they could not find a stationer who was a political supporter they had appointed a vendor of school books and their parents had been forced to go to such places to purchase their school supplies. Regarding the roads, Mr. Leger said that the residents of Westmorland were perfectly satisfied with the work of the present minister as their roads had been improved at least 100 per cent. He also paid a tribute to the workings of the health act and particularly mentioned the value of the work done in the schools.

A strong appeal was made by the member from Westmorland for serious consideration of the possibilities for the development of power through the harnessing of the tides in the Petitcodiac river, and said he would like to see the government invite the engineer who had given the suggestion such close study to address the legislature this year. If the project were so great an undertaking for the province alone, the other maritime provinces might be asked to co-operate.

George B. Jones, of Kings county, who followed, confessed his loss of interest in politics since 1917 and advised that the public should concentrate on the present rather than waste time in discussing the schemes of the previous governments. He found fault with the road work in his county and urged that steps should be taken to secure a larger revenue from the crown lands.

When the house went into committee of the whole to take up the valuation for assessment purposes of the Corcoran Company, Limited, was taken up and occupied the attention of the house for an hour. The period of exemption, which had been reduced from twenty years to ten by the municipalities committee was finally restored to the original figure. This followed a long discussion on the effect of the exemption on the county school taxes, several members arguing that it would result in shifting the burden from the city to the county.

When the bill had been agreed to, Premier Foster declared emphatically that he was opposed to the principle of tax exemptions for prosperous individuals. It might be permissible to encourage new industries, but going concerns should receive no further concessions. Tax rates were climbing and industries should bear their share of the burden.

Expressing full concurrence with the principle laid down by the premier, Mr. Dickson said they still had to face the practical difficulty arising from competition both between communities in the same province and from other provinces. He suggested that the premier with the full weight of the government and opposition behind him, should bring the matter before the next inter-provincial conference with the purpose of securing legislation in all the provinces which would make such competition impossible.

The committee also reported the bills to fix the valuation on Canadian Colours, Limited, Milltown; and to incorporate the town of Marysville.

The house adjourned at 11:30. The budget debate will be continued tomorrow by Hon. C. W. Robinson.

After adjournment, Mr. J. E. Hetherington, en-

tertained the members at an informal supper.

(Official Report.)

Mr. Birchall presented the report of the committee on standing rules, as follows:

By Mr. Hunter—As to the cost of St. John's bridge in the parish of Prince William, York county, and other particulars, also as to the amount expended on O'Brien Brook bridge in the same parish; also as to the name of the road supervisor in Division No. 1, parish of Mansueton, York county.

Mr. Crockett introduced bills to amend the Municipalities Act of 1914, and the assessment act of 1917.

Mr. Tilley introduced a bill to determine the cost of the bridge in the parish of the Portland Rolling Mills, Ltd.

Mr. Maere introduced bills to authorize a fixed assessment for the town of Sackville; to repeal an act relating to the International Order of Kings Daughters and Sons, relating to a certain trust.

Mr. Campbell introduced a bill to incorporate the new Brunswick branch of the International Order of Kings Daughters and Sons, relating to a certain trust.

Mr. McGraw introduced a bill relating to the town of Newcastle.

The debate was continued after recess by Messrs. Dickson, Leger (Westmorland) and Jones and the debate was adjourned on the motion of Hon. Mr. Robinson.

The house then went into committee of the whole to take up the petition of the Town of Marysville, to enable the Town of Milltown to fix the valuation of the Corcoran Company, Limited, and to enable the City of St. John to fix the valuation of the Corcoran Company, Limited.

The house adjourned at 11:25 p.m.

**NOTHING THAT WILL SELL
ESCAPES CHINESE POOR.**

So far as the fragility of Chinese is concerned, nothing is wasted in China. Even the dirt of the streets is sold to farmers, who turn it into fertilizer.

The ash of burning wood from a cooking stove of a Chinese family has a good value. It brings a good amount of tea money to the house boy of a big Chinese family, who sells it to gardeners for fertilizing flower plants. When a peculiar cry is heard the house boy seems to understand that an ash-buyer has come. Immediately a big quantity of kitchen dirt and stove ash, which he has stored up, is brought to the buyer.

Kindly send me a free sample of Pyramid Pile Treatment, in plain wrapper.

Name.....

Street.....

City.....

State.....

Country.....

Pyramid Pile Treatment

The Great Household Treatment for itching, bleeding or troubling Piles.

SEND FOR FREE TRIAL.

Almost every family has at least one sufferer who should have a free trial of the treatment.

You can have a free trial by mail or if you cannot wait, act at once and get a 50-cent box at any drug store.

Take no substitutes. Join the happy throng who cure their Piles of Pyramidal Pile Treatment.

Use this coupon for free trial.

Up in the Morning Feeling Fine as the Result of Pyramid Pile Treatment.

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The Frequent Cause of Nervous Breakdown

NOTHING so certainly breaks down the nervous system as constant straining of the eyes.

You may think that sewing is light work and wonder why it tires you.

It is the strain on the eyes.

The controlling of the sight is the most delicate work of the nervous system and when there is strain on the eyes there is an enormous waste of nervous energy.

There are times when it seems necessary to stick at this work for long hours and to pay for it by a nervous breakdown.

It is then well to know about Dr. Chase's Nerve Food, as a means of restoring a run-down nervous system.

Whatever may be the cause of your nervous breakdown, it has been demon-

strated in many thousands of cases that there is nothing like Dr. Chase's Nerve Food to restore the depleted nerve cells.

Headaches, tired feelings, sleeplessness, indigestion, lack of energy and appetite are some of the indications of an exhausted condition of the nerves.

Your digestive system is failing to supply the necessary nutrition to the blood and nerves, so it becomes necessary to employ such restorative treatment as Dr. Chase's Nerve Food.

Rest will help. Eating only wholesome, nutritious food will benefit. But restoration is very greatly hastened and ensured by the use of Dr. Chase's Nerve Food. 50 cts. a box, all dealers, or Edmanston, Bates & Co., Ltd., Toronto. On every box of the genuine you will find the portrait and signature of A. W. Chase, M.D., the famous Receipt Book author.

material in Shanghai alone has brought not a small amount of money to many poor children and women. This is the collection of cigarette ends. After filling a tin of about two inches in diameter and four inches deep it is brought to a native tobacco factory, which buys it for five to seven cents. The factory manufactures this tobacco into cigarettes and thus makes a good profit out of the material which it buys at such a low price.

SERVICE OF WOMEN ON JURIES IS URGED.

Women in Rhode Island should be allowed to serve on juries as a part of the full suffrage privilege which is given under national suffrage, according to Mrs. James W. Algeo, chairman of the Providence League for Women Voters.

A bill is now before the general assembly which would prohibit women from serving on juries because of alleged incompatibility for the tasks. No action has been taken upon the proposed act, but women from all parts of the state are becoming interested.

Mrs. Algeo declares that Rhode Island needs purifying and that one of the best ways of doing it would be through women on the juries. She says that attempts are now being made to take away by little and all that the suffrage amendment allows. She insists that the women of the state want to take up their full responsibilities of citizenship and that the result will be a higher moral evaluation of politics.

Dyed Lemon Pies.
New York, April 8.—Lemon pies without a drop of lemon are among the disillusioning discoveries of the department of health in its campaign for the establishment of food standards. The pies were found to contain corn starch, tapioca, rice flour, coal tar or vegetable coloring and citral with an oily base.

CLEAR THE NOSTRILS IN FIVE MINUTES

Routes Out Catarrh, Stomach Stiffness, Prevents Sneezing

Catarrhosone is a Marvel.

It just takes about five minutes for the penetrating vapor of Catarrhosone to clear out clogged nostrils. Hard crusts and accumulations are quickly removed. The soothing balsams of Catarrhosone draw out every vestige of inflammation, is preventive of colds, better health is assured.

To cure colds without taking drugs may seem almost too much to believe, but Catarrhosone does it quickly and effectively. Endorsed by physicians, and in common use by the people of many nations, Catarrhosone is a complete outfit \$1.00; small size 50c; sample size 25c, direct from the Catarrhosone Co., Kingston, Canada.

THIN, NERVOUS PEOPLE NEED BITRO-PHOSPHATE

Guaranteed to Put on Firm, Healthy Flesh and to Increase Strength, Vigor and Nerve Force.

Weak, thin people—men or women—are nearly always nervous wrecks; thus conclusively proving that thinness, weakness, debility and neurasthenia are almost invariably due to nerve starvation. Feed your nerves and all these symptoms due to nerve starvation will disappear. Eminent specialists state that the best nerve food is an organic phosphate of weight in a few weeks.

CAUTION.—Although Bitro-phosphate is unsurpassed for relieving nerve weakness, sleeplessness and general weakness, it should not, owing to its rich, nourishing properties, be habit-forming drug. Bitro-phosphate can make a habit-forming drug, but it is not a habit-forming drug, and the results follow—put on flesh.

The Candy Cathartic

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