

MC 235 POOR DOCUMENT

HOW TO OBTAIN GOOD DIGESTION

The Stomach Must Be Toned and Strengthened Through the Blood

The victim of indigestion who wants to eat a good meal, and who will suffer if he eats one, finds poor consolation in picking and choosing a diet. As a matter of fact you cannot get relief by cutting down your diet to a starvation basis. The stomach must be strengthened until you can eat good nourishing food. The only way to strengthen the stomach is to enrich the blood and thus tone up the nerves that control it. The only way to enrich the blood, and tone up the nerves, and give strength to the stomach—strength that will enable it to properly digest any kind of food—is through a fair use of Dr. Williams' Pink Pills. The one mission of these Pills is to make rich, red blood, that reaches every part and every organ of the body, bringing renewed health and activity. The following case illustrates the value of Dr. Williams' Pink Pills in indigestion.

Miss Lottie Carr, of Leaside, N. S., says: "For several years I have been a great sufferer from chronic indigestion. At times I almost lost my food, and no matter how hungry, I found that to eat even lightly was followed by great distress and often nausea. I tried many so-called cures, but did not get more than temporary relief, and naturally I was going down both in health and strength, and was greatly discouraged. While in this dependent condition I was advised to try Dr. Williams' Pink Pills. I doubted that they would cure me after so many other medicines had failed, but as I wanted health and the Pills were highly recommended, I decided to try them. I am thankful now that I did so, for after taking Dr. Williams' Pink Pills for five or six weeks every residue of the trouble had left me, and I was again blessed with the best of health. From my own experience I believe there is no case of indigestion Dr. Williams' Pink Pills will not cure, if given a fair trial."

You can get these Pills from any medicine dealer or by mail, post paid, at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

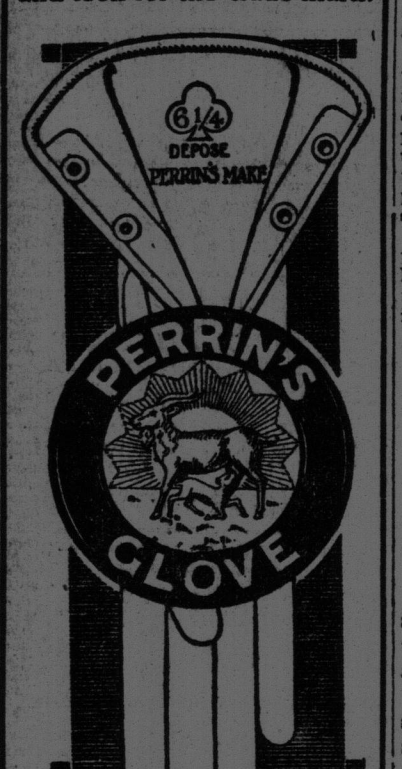
THE PLAYGROUNDS

At a meeting of the executive of the Playground Association last evening Geo. E. Day, Walter C. Allison, R. J. Walsh, and A. M. Belding were appointed a committee to visit the North and West End before the next monthly meeting and look over the possibilities for neighborhood playgrounds there. Various other matters were discussed at some length.

SHORT-STAFFED
Harry George Short and Mrs. Margaret Augusta Stafford, both of this city, were quietly married at the home of the officiating clergyman, Rev. J. H. A. Anderson, last evening. Mr. and Mrs. Short will reside in St. John.

The report of Borvik Limited, for the year ended December 31, shows net profits amounting to \$70,420.

Do not be misled— Ask for "PERRINS" Gloves and look for the trade-mark.



Perrin's Gloves

are famous for their Style, Fit and Finish

loves that are NOT stamped with either the trade-mark or the name "Perrin's Make" are not the genuine.

LUNCH SERVED TO SIMMS WORKERS

Company Planning This For Fairville Factory

EMPLOYEES NOW NUMBER 300

Meal Served at Cost Price and Diners Will be in Groups of Four at Tables—A Look Through The Factory

In planning their new factory, Messrs. Simms & Company devoted special attention to the comfort and convenience of their employees. This has always been a feature in the policy of this progressive firm towards the workers, and it has been rewarded not only by the cultivation of cordial relations between employer and employee, but also by practical results in the way of better work. While conditions in their old factory were far above the average, the splendid new building shows even greater advance. Perfect lighting, heating and ventilation, not only cater to the comfort of the workers but make for efficiency.

Since changing from the city to the new factory many of the workers have commented on the improvement in their health and general condition, and one young man who had felt the change, but had not realized it, came to the boss and told him that he was earning two dollars a week more at his piecework job, and he could not understand it, as he did not think he had been working any harder.

The design of the building with all-glass walls flooding the building with sunshine, makes it one of the most health-preserving buildings in the city. Heat is supplied by the Vacuum system, which is one of the most modern, and the ventilation is as nearly perfect as possible. More than fifty wash basins are placed in various parts of the factory for the convenience of the employees, and another innovation in St. John, each is supplied with hot, as well as cold, water. Locker rooms are provided in each department, and here each employe has a separate locker for storing outdoor garments during working hours.

Owing to the location of the factory, comparatively few of the employes have a home in the city, and many are obliged to travel some distance to get to work. For their convenience in this respect, comfortable lunch rooms have been placed at their disposal, where they may eat their lunches. The company is planning, and will soon have in operation an additional feature for the lunch rooms. This will be the serving of lunches at cost price. They will supply entirely free the rooms required, the light, heat and help, and will charge the employes merely the actual cost of the materials which are used in the lunches. They will start with a simple menu of nourishing foods which may be added to as the success of the experiment is demonstrated. The patrons of this dining-room will be seated four at a table in a sociable manner, instead of at the tables usually found. The men will provide a substantial luncheon or may be used to supplement the lunch brought from home. These are a few of the results of careful study given by this company to the comfort of their workers.

The number of employes in the new factory at present is about 300, a substantial increase over the number at work in the old factory, and an increase of about 100 per cent compared with six years ago. As the factory organization is perfected, and the business continues to expand it is expected that this number will be increased still more.

The structure was built in accordance with plans designed by the firm after a long series of conferences with the foreman in their present factory, the aim being to route the whole work of the plant

in such a way as to save needless labor and produce the maximum of results in turning out the finished article. The architect was Lockwood, Green & Company, of Boston, and the builders the Abernethy Construction Company, also of Boston. Work was begun on April 18, and the roof was on by September 17, although the company lost 30 days during that time owing to the excessively wet season.

Considerable difficulty in construction was caused by the uneven character of the site, there being a difference of 21 feet between the highest and lowest point, the site being on the side of a saucer-like hollow adjoining the main road to Fairville. For example, in the front the concrete walk from the street enters the building two stories up, while on the rear at one end the basement is level with the ground. This difference of grade made it necessary to construct a concrete road, and along part of the rear side in order to facilitate the movement of material in and out.

The factory is 400 ft. long and 50 ft. wide, with three floors and basement. One of the chief objects was to secure light, and the walls of the building are 80 per cent glass, there being no less than 25,000 panes in use. The whole factory is so designed that on each floor a 6 ft. aisle extends from end to end with machines on either side. The mushroom construction, leaving the interior without girders, makes each floor clear of obstructions. In order to supply artificial light when needed there will be 800 tungsten lights from the whole building is over 300 ft. in length and 50 ft. wide. The object in placing a wooden floor there was to eliminate noise and dust, while the concrete floor under the woodwork department overhead, and to make it possible to place the machines on that floor to the best advantage.

The factory has its own water supply. A well was sunk 30 feet, and there is a tank on the roof with capacity 40,000 gallons and a reservoir on the ground holding 100,000 gallons. There is also on the roof a 10,000 gallon tank to supply the toilets in the building. There is a complete fire protection system, with hydrants and hose houses in the grounds, and a 1,000 gallon fire pump, besides a complete sprinkler system.

The power house shown in the photograph as partially completed, is constructed of hollow tile and is 62x40 ft. The dry kiln building is 62x30 ft. and is 15 ft. high. The lower portion of this will be used as a varnish room and for storing handles. On the upper floor are six Grand Rapids kilns, separated by tiles. In these the lumber is saturated with steam vapor before drying. There are also kilns, 10x25 ft., and 22 ft. high, with special facilities for handling the heavy hard wood lumber. From this shed the lumber runs by machinery into the woodwork department, is cut into blocks, sent down one side into the drying kilns, and out by another to the machines to pass on down through the various processes to the storing room for the finished product at the other end of the factory.

In the main factory there are two elevators and two stair towers, the latter being made fireproof. In the few fire partitions that are made in the factory steel lath and plaster are used. The walls of the interior of the factory is painted white with cold water paint, with green oil enamel 5 ft. high.

The chimney of the plant is 150 feet high and is built of radial brick.

The work done on this factory by the Abernethy Construction Co. was a revelation to local builders because of the systematic way in which it was carried on. It was one man's duty to route the work so that no workman need waste time through lack of material. Another man had charge of the tools. The company had a modern plant for mixing concrete, turning out 20 cu. ft. every two minutes or less.

"77" FOR GRIP & COLDS

"Just a Cold," may lead to serious consequences, especially at this season of the year, when slight Colds may mean pneumonia.

To escape, take "Seventy-seven" at the first feeling of lassitude, surely at the first sneeze or shiver.

If you wait till your bones begin to ache, till you begin to cough and have sore throat, it may take longer to break up.

It pays to keep "Seventy-seven" handy, it is a small vial of pleasant pellets, fits the vest pocket. At your Druggist, 25c., or mailed, Humphrey's Homeo. Medicine Co., 108 William St., New York.—Advertisement.

USE THE WANT AD. WAY

WILSON'S INVALIDS' PORT

Wine de Quina du Portugal

A BIG BRACING TONIC

"He dies every day who lives a hanging life"—Ponnet.

Steady Nerves

are an invaluable business asset. If the nerves are shaky the sleep is broken—appetite poor—digestion weak and efficiency away below par, with "that tired feeling" always uppermost.

Wilson's Invalids' Port Wine will have you feeling "fit as a fiddle" if taken faithfully before each meal—a wineglassful at a time. It is rich in well-balanced nourishment for body, brain and nerves, and equips the debilitated blood with reserve strength, thus re-inforcing the resistive powers and renewing vigorous good health. Doctors know!

ASK YOUR DOCTOR
BIG BOTTLE ALL DRUGGISTS

Absolutely Pure and of Fine Quality

Baker's Breakfast Cocoa

is a delicious and wholesome drink

Made by a perfect mechanical process, without the use of chemicals, thus preserving the delicate natural flavor, aroma and color characteristic of high-grade cocoa beans.

WALTER BAKER & CO. Limited
Established 1780
Montreal, Canada Dorchester, Mass.

THE LEGISLATURE

Predicition, March 7.—The house met at 8 o'clock.

Mr. Munro introduced a bill to amend the act relating to the village of Bath.

Dr. Bourque presented a petition in favor of a bill to further amend the act to authorize the municipality of Kent to affect temporary loans.

Mr. Dickson (Kings) introduced a bill to enable the St. John Railway Company to extend its railway line into Kings county.

Mr. Carson introduced a bill to amend the act incorporating New Brunswick Hydro-Electric Co.

Mr. Black introduced a bill to consolidate and amend acts relating to the University of Mount Allison and to change the name of the corporation to Regents of Mount Allison.

Dr. Price introduced a bill relating to the purchase of Moncton Exhibition Association property.

Hon. Mr. Fleming presented a petition in favor of a bill respecting New Brunswick Shales, Ltd.

Hon. Mr. Fleming introduced a bill to authorize a grant to the Cartier monument fund.

Hon. Mr. Grimmer presented a petition in favor of a bill to amend the act incorporating and relating to the town of St. Stephen.

The house went into committee with Mr. Young in the chair and agreed to the bills to amend the public health act 1911 and in further aid of University of New Brunswick.

The committee then considered a bill to provide for a fair wage schedule.

Hon. Mr. McLeod said that the bill was introduced to meet the request of various labor unions of the province for a fair wage schedule on public works. Provision shall contain wages that are fair, usual and customary at the time of the letting of the contract and in the locality in which the contract is to be performed.

The bill was agreed to as amended.

Hon. Mr. Grimmer moved to amend section two of the bill to provide that if succession duties were not paid within six months after the death of deceased the rate of interest shall be five per cent.

The bill was agreed to as amended.

The house went into committee with Mr. Stewart (Northumberland) in the chair and resumed consideration of a bill to amend the parish of Lancaster sewerage act.

Mr. Baxter moved to amend the bill to provide that the city of St. John should only be liable when damage resulted by reason of trouble arising in the city of St. John, while the parish of Lancaster should only be liable for damage caused from trouble originating within that parish. He said that the amendment had been agreed to between his hon. friend, Mr. Tilley, and himself.

Mr. Tilley said that amendment was perfectly satisfactory to him.

The bill was agreed to as amended.

The house adjourned at 4.50 o'clock on Monday afternoon.

THE LIVINGSTONE CENTENARY

St. John Minister Ultimately Acquainted With The Family

The centenary of the birth of David Livingstone will be celebrated by the entire world, on and near March 19. In London the Royal Geographical Society will

Dr Chases Nerve Food

Dr. Chase's Nerve Food has made a wonderful record as a cure for nervous exhaustion and prostration. By forming new, rich blood it restores feeble, wasted nerve cells, and working hand in hand with nature, its cures are thorough and lasting. 50 cents a box, 6 for \$2.50. All dealers or Edmanston, Bates & Co., Limited, Toronto.

MODEL MILLINERY COMPANY



First Retail Opening of Early Spring Millinery

Comprising Imported and Domestic Trimmed Hats, also a complete line of all classes of Millinery Novelties. Children's Headwear a Specialty.

Monday, March 10th., to Saturday, March 15th

Model Millinery Company

Successors to Washburn, Nagle Earle, Ltd.—Manufacturing Milliners.
29 Canterbury Street—South of Times Office.

held a special meeting, when Sir Harry Johnston, a noted African explorer and administrator will deliver an address, and it is expected that the only surviving companion of Livingstone on his 1856-1859 expedition, Sir John Kirk, will be present. Livingstone relics will be exhibited. Important meetings will also be held in Scotland, to commemorate the man who has been called "The Great Heart of Africa." Missionary societies in all the principal centres of America are planning special demonstrations in honor of the great Christian hero. Several churches in this city will hold Livingstone meetings. One that promises to be of special interest is a lecture by Dr. J. A. Morrison Ph.D., D.D. in German street Baptist church next Friday.

David Livingstone's eldest brother John was an elder in the same church, and related to him many stories and incidents of the great missionary that have never been published.

This public meeting will afford the people of St. John an opportunity to honor the memory of Livingstone in a fitting manner.

Finger nails that are manicured every week will retain their delicacy and lustre much longer than those that are neglected.

Salvation Army Captain

Cured of Nervous Prostration

MRS. CAPTAIN CINNANSMITH.

NERVES UNSTRUNG

Did Not Know What Rest or Sleep Was

Mrs. Captain Cinnansmith of the Salvation Army, formerly of Essex, and now living at Lunenburg, Ont., writes:—"I have used in all about 18 boxes of Dr. Chase's Nerve Food and this treatment certainly worked like magic. I was so run down that I suffered for 12 months with acute nervous prostration and was so bad that I never knew what sleep or rest was."

"I consulted five different doctors, but still I did not make any signs of recovery. A friend of mine had suffered as I did and had been cured by Dr. Chase's Nerve Food and recommended it to me."

"I can say that after taking the first box I felt every day doing me good and by continuing a tin of this medicine I was cured. I could sleep as well as ever and found life worth living. When other medicines failed the nerve food built me right up."

"A few years ago I was cured of a most severe case of prostrating piles by using Dr. Chase's Ointment. I had to keep to my bed and doctors could give me no help. When suffering untold agony I heard of Dr. Chase's Ointment and was cured of piles, to the wonder of those around me, and after I had almost given up hope."

Dr. Chase's Nerve Food has made a wonderful record as a cure for nervous exhaustion and prostration. By forming new, rich blood it restores feeble, wasted nerve cells, and working hand in hand with nature, its cures are thorough and lasting. 50 cents a box, 6 for \$2.50. All dealers or Edmanston, Bates & Co., Limited, Toronto.

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