

HALIFAX WOMAN GAINS 16 POUNDS

"I Will Always Bless The Day I Began Taking Tanlac", Says Mrs. Ritchie.

"I will always bless the day I began taking Tanlac," said Mrs. William Ritchie, of 48 Charles St., Halifax, N. S. "and I feel like I want to tell everybody what a wonderful medicine it is."

"I have actually gained sixteen pounds since I began taking Tanlac," she said, "and never felt better in my life. For five years I suffered with a bad case of chronic indigestion that made life a burden. Gas would form on my stomach after eating and bloat me up something awful. When I lay down at night gas would come in my chest and throat until I felt like my breath would stop. I had no appetite at all, and there were days when I would go all day long with no more nourishment than a cup of tea. I was troubled a lot with severe sick headaches and spells of nausea that left me as weak as a baby. In all the five years I was sick I don't think I got a single good night's sleep, and in the morning I felt as tired as when I went to bed. I fell off twenty-five pounds and was nothing but a shadow of what I used to be."

"I had just about lost hope of ever getting well, when one day a friend advised me to try Tanlac. I found it different from any medicine I had ever taken. I kept getting better until today I am as well as I have been and feeling just fine all the time. My appetite is great. I can eat anything I want and digest everything perfectly and am not bothered with gas on my stomach or with sick headaches. I sleep at night like a child and get up in the morning refreshed and ready for any duties that may come to hand. All my strength and energy have returned and I am only too glad to recommend Tanlac to anyone suffering as I did."

KI-MOIDS
(GRANULES)
FOR INDIGESTION
Dissolve instantly on tongue or in water—hot or cold; do not have to crush.
QUICK RELIEF!
ALSO IN TABLET FORM FOR THOSE WHO PREFER THEM.
MADE BY SCOTT & BOWNE
MAKERS OF
SCOTT'S EMULSION

PERMISSION TO DECREASE RATES

The New Brunswick Public Utilities Commission, in session here Wednesday, issued an order granting the Bathurst Electric Light Co. permission to decrease their rates from twelve to eleven cents a kilowatt hour. The board made a further order requiring the company to set aside three per cent. of its gross earnings for a depreciation fund. H. C. Ramsey of Bathurst appeared for the company.

Every sweet universal sentiment runs the grave risk of being blasted by avaricious commercialism.

Sassafras tea has no medicinal value. But it can be consumed with safety, as a sentiment, in recognition of Spring.

In divorce cases the children are the innocent bystanders and we cannot think of anything more pathetic.

BOOM ROAD

Boom Road May 23—Miss Annie L. Matchett who has been visiting at her home here the previous month has returned to her work in Bojastown.

Mr. and Mrs. Walter Scott and family have moved to their new home in Whiteville.

Mr. Ralph Parker of Whiteville spent Sunday with his daughter Mrs. Stanley Sherrard.

Mr. James Creamer and Miss Elizabeth O'Leary of Millbank spent Sunday with Mrs. James Matchett.

The many friends of Miss Martha McKenzie will regret to learn that she is confined to her bed through illness.

Mr. T. S. Allison visited relatives in Casillis on Monday.

Mrs. Wm. Power who is attending St. Mary's Convent of Newcastle spent the week end at her home here.

Mrs. Alvin Mullen spent Tuesday evening with Mrs. Austin Butler.

Mrs. John Howe's many friends regret to learn that she is a patient in the Hotel Dieu, Chatham.

Mrs. Harry Sturgeon called on Mrs. George Swanson Wednesday evening.

Miss Lottie M. Jardine spent Thursday evening with Mrs. John Stewart.

The Misses Anna and Roberta Sherrard of Whiteville spent Tuesday evening with their sister Mrs. Edward Forsythe.

HAD RHEUMATISM FOR FIVE YEARS

No Return of the Trouble Since Taking "FRUIT-A-TIVES"



MR. JOHN E. GUILDERSON

"I suffered with Rheumatism for five years, having it so badly at times I was unable to get up without assistance. I tried different medicines I saw advertised and was treated by doctors in Amherst, also in my home town, but the Rheumatism came back."

In 1916, I saw in an advertisement that 'Fruit-a-tives' would stop Rheumatism, and took one box and got relief; then I took them right along for about six months and the Rheumatism was all gone and I have never felt it since."

Anyone who would care to write me as regards 'Fruit-a-tives' I would be glad to tell them what 'Fruit-a-tives' did for me."

JOHN E. GUILDERSON,
Contractor and Mason.
50c. a box, 6 for \$2.50, trial size 25c.
At all dealers or sent postpaid by
Fruit-a-tives Limited, Ottawa, Ont.

THE SCOUT MOVEMENT

As an organization, the Scout Movement is neither militaristic in thought nor form spirit, although it does instill in boys the military virtues such as honor, loyalty, obedience and patriotism.

The purpose of the Boy Scout Movement is to develop character, initiative and resourcefulness in boys by cultivating their interest in the fascinating out door activities of the Scout program.

It is in the wearing of the uniform and doing of things together, as Scouts, that they absorb the force and truth of the Scout law which states: "A Scout is a friend to all and a brother to every other Scout."

The Movement aims to supplement the various existing educational agencies, and to promote the ability in boys to do things for themselves and others. It is not the aim to get up a new organization to parallel in its purposes others already established. The opportunities are afforded other organizations, however, to introduce into their own programs unique features appealing to interests which are universal among boys. The method is summed up in the term Scoutcraft, and is a combination of observation, deduction and handiness, or the ability to do things. Scoutcraft includes instruction in first aid, life saving, tracking, signalling, cycling, nature study, campcraft, seamanship, woodcraft, chivalry, patriotism and many other subjects. This is accomplished in games and team play, and is pleasure, not work, for the boy. All that is needed is the out-of-doors, a group of boys and a competent leader.

"Something to do, something to think about, and something to enjoy, with a view always to character building; for manhood, not scholarship, is the first aim to education."

The Boy Scout Movement is developed in practically every country of the world as well as in all the overseas dominions and colonies of Great Britain and the United States. According to a pamphlet just issued by the Provincial Headquarters of the Boy Scouts Association, 24 Ritchie Building, St. John, there are in Canada alone some 22,692 registered Scouts, 4,288 Wolf Cubs (junior members) and 1,648 unpaid Scoutmasters and Assistant Scoutmasters who give at least 52 nights a year, and 24 half days or days to the personal leadership of their boys. Quite a citizenship contribution.

ASTHMA RAZ-MAH USE.
NO Smoking—No Spraying—No Snuff
Just Swallow a Capsule
RAZ-MAH is Guaranteed
to restore normal breathing, stop mucus gathings in the bronchial tubes, give long nights of quiet sleep; contains no habit-forming drug. \$1.00 at your druggist's. Trial free at our agencies or write Templetons, 142 King W., Toronto.
For Sale By
DICKISON & TROY

SUFFERED SO MUCH HAIR IS WHITE

Sydney, N. S., May 25 —A Polish boy of seventeen, whose hair has turned quite white as the result of hardships he has undergone, was among the relatives of Sydney forelgners who arrived here today under the care of F. Sherman, a Sydney merchant. Mr. Sherman crossed the Atlantic some time ago carrying relief money to relatives of Sydney people.

SUNNY CORNER

Sunny Corner, May 25—Miss Lottie Holmes who has been spending the past few months in Newcastle has returned home.

Miss Kathleen Dunnett Whitneyville was the guest of relatives at the Corner last week.

Our teacher (Mr. Cliff of Blackville) was home for the 24th.

Mrs. Perley Mullin was a visitor in town for a few days last week.

Miss Hannah Hogan is the guest of Mrs. W. J. Murphy.

Quite a number of young folks took advantage of the holiday and went up river, returning home with some fine large trout, chubs etc.

CONGREGATIONAL SINGING

The action of the organist of Westminster Abbey, who is teaching his congregation how to sing hymns, is one that might well be imitated in churches in Canada. Congregational singing suffers from the formation of large choirs suffer from the lack of training on the part of the congregation. The organist in Westminster evidently had reached the limit of endurance on the part of an organist and that is saving a great deal, for as a people organists are proverbially patient and long suffering. So Mr. Nicholson, the organist in question, took twenty minutes before the early evening service on a week night and explained what he wanted, and then



When Baby Comes

WHAT a joy to mother's heart when baby comes! What a relief after months of anxiety and nerve strain!

Mother is happy and expects soon to be strong and well again.

But frequently reaction sets in, and when the excitement is over she is left weak and limp and does not seem to build up the way she should.

Fortunate the mother who has at hand the kindly nurse or attentive friend to tell her how Dr. Chase's Nerve Food will help her at this critical time.

Now more than ever the mother requires the assistance of a blood-forming, tissue-building, nerve-invigorating treatment, and these requirements are admirably

met by Dr. Chase's Nerve Food.

Mrs. Wm. Woods, Coldwater, Ont., writes: "After the birth of my baby I was run down, nervous and could not eat or sleep, jumping at the least noise. Dr. Chase's Nerve Food built me up and made me strong and well again."

Mrs. David Logan, Thornburn, N.S., writes: "A friend of mine whom I went to see after baby was born told me she used Dr. Chase's Nerve Food all through the expectant period and attributed her good condition and splendid baby to its use."

Dr. Chase's Nerve Food, 50 cents a box. All dealers, or Edmanson, Bates & Co., Ltd., Toronto. Look for portrait and signature of A. W. Chase, M.D., the famous Receipt Book author, on the box you buy.

showed his audience how it could be obtained. The fact that almost universally people in church are slow to begin singing when the organ gives the note was the reason why the time dragged all through the hymns, therefore he began on the practise of starting notes. Another fault in congregational singing, the lack of a well-out finish, was also pointed out, and

on these two items the organist gave some valuable instruction, taking familiar hymns to illustrate his points. The initial experiment was judged to be sufficiently successful for the continuance of the instruction for a time at least, and if enthusiasm and improvement follow the congregation will in time be invited to take some part in the singing of anthems.

FINNS IN CANADA



LONG LAKE CAMP, NORTH TEMISKAMING, PROV. OF QUE. WHERE FINNS ARE EMPLOYED AT LUMBERING



Lieut. T.C. WETTON & WIFE
GROUP OF FINNISH PEOPLE

Among the recent interesting immigrants who have been coming to Canada from Europe there arrived a party of Finlanders, in care of Lieut. T. C. Wetton, F.R.G.S., F.R.C.I., of the Devonshire Regiment, Imperial Army, who had previously served as our Allies in the "Finnish Legion," in North Russia. These Finlanders with many of their compatriots had been driven out of Finland into North Russia when the Germans invaded their country. The "Finnish Legion" was formed from among these exiled Finns and rendered good service to the British force. The Legion was commanded by Lieut.-Col. R. B. J. Burton, O.B.E., of Toronto, formerly of the 8th Canadian (Winnipeg) Regiment. After the Armistice most of the Legionaries were repatriated to Finland, but some Legion Details, including several refugee Finnish women and children, were left in charge of Lieut. Wetton who was one of the last to leave North Russia at the Allies' Evacuation of that country. His chief Finnish officer under him was Oskari Tokol, previously the first Prime Minister of Finland after the Russian Revolution. Later Lieut. Wetton was sent to Helsinki, Finland, where the repatriation of the Legionaries was being carried out. Having suggested strongly to the British War Office that the remaining Legionaries who were not repatriated to Finland should be given an opportunity to settle in Canada, Lieut. Wetton was placed in charge of these Finns on

their arrival in England last spring. Arrangements were eventually made for the Finns to come to Canada to work in the lumber camps, and Lieut. Wetton brought them over and took his party through to North Temiskaming and got them satisfactorily placed at work in the bush. As he predicted, these Finns who rendered good work to the British in North Russia, and underwent several months' military training and discipline out there and are accustomed to work on the farm and in the woods in their own country, are now rapidly settling down well to their new conditions, are giving satisfaction in their work and give promise of developing into good settlers. Some of them are hoping later on to take up farming work. Most of them are single men, strong, hardy types of vigorous manhood, inured to the extremes of climate and accustomed to hard work. They are a very good type of settler. Some of them can speak very good English, others in addition to their native tongue can converse in Russian and in Swedish, whilst one of the men can speak fluently in Finnish, English, Russian, Swedish, Norwegian and is now learning French.

Lieut. Wetton has had a varied career, having served twice as a volunteer in the South African War, and later writing two books on his campaign experiences. Afterwards immigrating to Canada from the "Old Country" he spent a few years on the staff of the Manitoba Free Press and as their special travelling correspondent he contributed to that

paper many articles dealing with the development of the growing western towns. He also undertook some lecture and immigration propaganda trips in the "Old Country." While in England on the last of these trips at the outbreak of the war, he immediately joined the "2nd. King Edward's Horse" (1st. Canadian Cavalry Brigade) as a trooper, and saw considerable active service in France and Belgium. Twice wounded and recommended for a Commission, he was gazetted to the Devonshire Regiment, and early in 1919 joined the "Finnish Legion" in North Russia. Most of his time out there he was on outpost duty with his Finns, oftentimes alone with them, and thereby learned their language. There he met Miss Aini Kauppinen of Rovaniemi, North Finland, who had travelled hundreds of miles alone to join her two brothers in the Legion. On learning her history—she had been wounded and imprisoned in the cause of her country—Lieut. Wetton saw that she was well cared for. Friendship between them grew apace and later matured into love. After overcoming many obstacles, Lieut. Wetton subsequently succeeded in getting Miss Kauppinen safely to England where their thrilling romance was climaxed by their marriage last June Mr. Oskari Tokol being the bridegroom's best man, whilst the Finnish Legionaries formed a fitting "Band of Honor" at the church. After their arrival in Canada Lieut. and Mrs. Wetton stayed for a while in the bush, officially connected with the Finns.

Time-Table S.S. "Alexandra" Season 1921

STEAMER "ALEXANDRA" WILL MAKE THE FOLLOWING TRIPS:

Leave Chatham each morning for Newcastle at 7.00 a.m. and return to Chatham leaving for down river points at 8.45 a.m. calling at Gordon's and Oak Point, on Monday, Wednesday, Friday and Saturday.

Loggieville daily.

Burnt Church, twice daily except Monday, Wednesday and Friday on return only.

Negauic daily.

Hardwick, Tuesday and Thursday.

Escuminac, Monday, Wednesday and Friday.

MIRAMICHI RIVER SERVICE, LIMITED.