

A TRAINED NURSE

After Years of Experience, Advises Women in Regard to Their Health.

Mrs. Martha Pohlman of 55 Chester Avenue, Newark, N. J., who is a graduate nurse from the Blockley Training School at Philadelphia, and for six years Chief Clinic Nurse at the Philadelphia Hospital, writes the letter printed below. She has the advantage of personal experience, besides her professional education and what she has to say may be absolutely relied upon. Many other women are afflicted as she was. They can regain health in the same way. It is prudent to heed such advice from such a source.

Mrs. Pohlman writes: "I am firmly persuaded, after eight years of experience with Lydia E. Pinkham's Vegetable Compound, that it is the safest and best medicine for any suffering woman to use."

"Immediately after my marriage I found that my health began to fail me. I became weak and pale, with severe bearing-down pains, frequent backaches and frequent dizzy spells. The doctor prescribed for me, yet I did not improve. I would faint after eating and frequently become nauseated."

"I had pains down through my limbs so I could hardly walk. It was as bad as a case of female trouble as I have ever known. Lydia E. Pinkham's Vegetable Compound, however, cured me within four months. Since that time I have had occasion to recommend it to a number of patients suffering from all forms of female difficulties, and I find that while it is considered unprofessional to recommend a patent medicine, I can honestly recommend Lydia E. Pinkham's Vegetable Compound for I have found that it cures female ills where all other medicines fail."

"It is a great medicine for such women. Money cannot buy such testimony as this—merit alone can produce such results, and the ablest specialists now agree that Lydia E. Pinkham's Vegetable Compound is the most universally successful remedy for all female diseases known to medicine."

"When women are troubled with irregular, suppressed or painful periods, weakness, displacement or enlargement of the female organs, that bearing-down feeling, inflammation, backache, bloating (or flatulence), general debility, indigestion, and nervous prostration, or are beset with such symptoms as dizziness, faintness, headache, excitability, irritability, Lydia E. Pinkham's Vegetable Compound Succeeds where others fail."



nervousness, sleeplessness, melancholy, "all-gone" and "want-to-be-left-alone" feelings, blues and hopelessness, they should remember there is one tried and true remedy. Lydia E. Pinkham's Vegetable Compound at once removes such troubles. No other female medicine in the world has received such widespread and unqualified endorsement. The needless suffering of women from diseases peculiar to their sex is terrible to see. The money which they pay to doctors who do not help them is an enormous waste. The pain is cured and the money is saved by Lydia E. Pinkham's Vegetable Compound. It is well for women who are ill to write Mrs. Pinkham, Lynn, Mass., The present Mrs. Pinkham is the daughter-in-law of Lydia E. Pinkham, her assistant for many years before her decease, and for twenty-five years since her advice has been freely given to sick women. In her great experience, which covers many years, she has probably had to deal with dozens of cases just like yours. Her advice is strictly confidential.

Lydia E. Pinkham's Vegetable Compound Succeeds where others fail.

Are you using the best Flour?

What if the flour that you are now using does make pretty good bread? Isn't there room for improvement? Couldn't the bread be whiter, sweeter, tastier? Couldn't the pies and cakes be lighter, more inviting? And does the baking always turn out exactly right?

If there is room for improvement, there is a need of

BEAVER FLOUR

"Beaver" Flour straightens out all baking difficulties. It is two flours in one—blended Manitoba Hard Wheat and the Northwest grows the Manitoba Hard Wheat that makes rich, good, strong, flour—wholesome, nourishing bread. Ontario wheat lacks somewhat in nutritive strength—but it makes the lightest wheat cakes, pies and pastry. "Beaver" Flour combines these two baking qualities, because it contains just the right proportion of each. The wheat we use, being nature's best, requires no Electrical treatment to purify.

Don't be satisfied with just good bread. Have the best that any good cook can make. That means to use "Beaver" Flour.

At your Grocer's.

Dealers, write for prices on all kinds of flours, Cakes, Creams and Cereals. T. M. Taylor Co., Limited, Hamilton, Ont.

FOR THE HOME

For every kind of Home Baking use

"SUNBEAM" FLOUR

"SUNBEAM" FLOUR has an unequalled FLAVOR and every good cook knows what this means. You can make SNOW-WHITE bread, LIGHT pastry, Dainty cakes and biscuits if you use "SUNBEAM" FLOUR. YOUR GROCER KEEPS IT.

OUR FIRST FORESTRY CONVENTION

Very Important Gathering in Fredericton Last Week to Discuss Forest Preservation.

Timely Papers read by North Shore Men and Others—Important Resolution Passed.

The forestry convention which assembled at Fredericton Wednesday morning was not very largely attended, but some able and practical addresses were delivered. Lt. Gov. Snowball opened the convention with a few brief remarks, and was followed by Premier Tweedie.

Hon. Mr. Tweedie said he was pleased to welcome delegates to the first forestry convention ever held in New Brunswick.

After mentioning that the convention would be open to the fullest discussion, the premier read an interesting paper on the past history of lumbering in the province. In the course of his address he spoke of the first export of masts for the French navy 300 years ago, and then proceeded to quote statistics showing the amount and value of lumber and lumbering products exported from the province since 1820. He said New Brunswick has 70,000 square miles of lumber lands containing 6,000,000 acres, which produced a revenue of \$250,000, in addition to large amounts received from stumpage, game licenses and other sources. Unless some means were taken to preserve this forest wealth great loss would be sustained owing to the wasteful methods adopted by lumbermen in former times.

In conclusion, the premier referred to the public domain act of last session, and hoped that it would be freely discussed at the convention. So far this had not been the case, and he entertained hopes that it would result in great benefit to the province.

J. D. Hazen, M. P. P., gave an eloquent address:—This, he said, was the first time that the greatest of all provincial industries had been considered in convention. This was perhaps natural as in former times the people thought more of destroying the forest in the interest of farming. But the time had come now when protection and preservation were necessary, and that all should combine together towards this end. One of the greatest enemies of the forest was the forest fire and the greatest necessity was to guard against this. Mr. Hazen pointed out the great value the crown lands were to the province. It possessed over six million acres of lands.

Hon. A. R. McClellan referred to measures taken towards forest preservation in European countries and Japan. He advocated a course of study in all the schools that would familiarize pupils with tree culture and its importance to the country.

Elhu Stewart, of Ottawa, president of the Canadian Forestry Convention made a very interesting address, in the course of which he recommended that in future patents of timber lands should contain a provision that at least ten per cent. of the territory conveyed should be left in forest, but remain the property of the owner, and be cut only under the direction of the government and so as not to interfere with forest preservation.

WEDNESDAY AFTERNOON. Chancellor Jones, of the University of N. B., and Dr. J. R. Inch spoke on the educational aspects. Both believed that much good could be done by teaching children the value of forests. The chancellor outlined heads under which valuable instruction might be given in the schools and higher institutions of learning, which would lead to a wider knowledge in the future of the necessity of forest protection and the best means to secure good results.

Atty.-Gen. Pugsley and others also spoke. On motion of J. Fraser, Gregory and W. B. Snowball, it was resolved to appoint three committees to draw up resolutions to be presented Thursday afternoon.

WEDNESDAY EVENING. At the evening session Dr. Bailey, of the University read a paper on the pulp industry, illustrated with lantern slides. In Canada there were in 1900, forty pulp mills in operation, with a total capital of \$20,000,000, and an annual output of 460,700 tons of pulp. In 1900 the total value of pulp and pulp products exported was \$2,718,788, and in 1901, over \$3,000,000. In 1907 the total value of wood pulp exported from European countries amounted to \$16,468,080, while in 1900 it had risen to \$18,800,000.

Hon. C. N. Skinner addressed the gathering, taking as his subject Forestry, with its relation to Agriculture. It would seem at first that the farmer was little interested in forestry, but consideration would show that agricultural and forest interests had much in common. The destruction of forests meant the sapping of our soil and drying up our rivers.

Hon. H. R. Emmerson, the last speaker of the evening, conveyed to the meeting the greetings and best wishes of Sir Wilfrid Laurier for the success of the convention. An important reason which had prompted him to be present was the great interest the department of railways took in forest preservation. His deputy has given much time to the subject, and particular attention was being paid to forest fires caused by locomotives and of procuring an improved smokesack as protection in this regard.

Did you ever see the debris on the riverbank or walk along the forest road and view the waste or across the farm and see the destructive fences. In the counties on the North Shore the destruction of cedar fences in value would more than pay the public debt of the province. He congratulated the Surveyor General on the steps already taken in the shape of legislation. Legislation, however, does not always hit the mark. It is too often in the nature of a declaration than of an execution. We should not be content with legislation that only means a declaration of principle, but should make legislation effective.

THURSDAY MORNING. At the morning session of the convention, Hon. J. B. Burchill, as convener of the committee appointed to consider the advisability of forming a forestry association for the province, reported as follows: "We recommend the formation of a New Brunswick Forestry Association in affiliation with the Canadian Forestry Association on terms to be hereafter agreed upon and having for its object the obtaining and disseminating of information with the view of protecting the lumber lands of the province from undue and unnecessary exhaustion in the process of lumbering therein, from destruction from fire and to promote generally throughout the country the reforestation by private owners of lands, not only for the growth of trees, but the planting of shade trees, the growth of trees on the banks of rivers and along the sides of highways and also to influence the department of education to introduce lessons whereby the scholars may be taught the need of forest protection, reforestation and things necessary to be done in preserving the trees of the country for economic and picturesque purposes." Sgd. J. P. Burchill, chairman.

W. B. Snowball read a paper and quoted figures to show that the lumbering industry was worth directly ten millions a year to this province.

THURSDAY AFTERNOON. The premier commenced the afternoon session by reading a paper by Chas. E. Oak of the Miramichi Lumber Company. Mr. Oak said he had followed closely the methods in vogue in foreign countries and also all data published by forestry schools, but the bulk of the information was not applicable to New Brunswick. Mr. Oak indicated that it should be compulsory on all wild land owners as well as lessees that stumps should be cut as low as the swell of the roots would allow. When once felled it was the duty of the lumberman to take all the lumber out that could be made valuable for any purpose. Fire in the lumber regions in this latitude had done as much or more injury than the axe and there was danger in the future unless proper care was taken. Mr. Oak urged that the convention should discuss ways and means for best controlling fires. His company expected to locate patrols at their own expense each season at exposed points on their lease as well as on their leased lands which, while directly to their benefit would also indirectly benefit the province in a great measure.

Prof. Austin Carey, Harvard University, read a paper on "The Forestry Policy of the United States and other Countries." The things likely to prove serviceable in New Brunswick were, in Mr. Carey's opinion, government ownership of all tracts of the permanent forest, skillful and business-like administration, and well directed lines of public education.

Mr. Hazen, in the absence of Hon. A. R. McClellan, convener of committee of convention who were not lumbermen, submitted a report recommending the systematic planting of ornamental trees; strong legislative measures to prevent fires; appointments of inspectors of Sealers, and their visitation without notice to sealers; and the carrying out of the law authorizing the setting apart of a portion of the public domain for a forest reservation; and that the department of railways and canals and the C. P. R. be urged to prevent fires starting from their railways. Carried.

Chas. E. Fish, of Newcastle, addressed the convention on the protection of forests from fires. He would speak, he said, from a home standpoint and observation made on his daily rounds. The circle of the forest was becoming smaller every year, and there should be no further delay in putting forth every effort. Forest fires were caused by hunters, sportsmen, citizens, settlers, locomotives and lightning. There was very little damage done by the last named, and it should be possible to control those caused by human agency. Little could be done so long as the flames could feed on moss, leaves and undergrowth. The blaze would roll on and burn until there was an unfavorable wind or rain. The only action possible was vigilance before hand and if this were more exercised in the future it would prevent a repetition of many of the fires in the past. Mr. Fish advocated look-out towers being built. Removal of old tops, he said, was also important. He thought the expense might be divided between the government and the lumbermen and the railways. John Robinson, Jr., of Newcastle, read a paper on Forest Fire Ranging. A large percentage of fires, he said, was due to carelessness and lack of interest by the operators. The warden of a district should report once a week and have two men under him—one paid by the government and the other by the operators. He urged that the telephone companies should be made to take care of their refuse. Mr. Robinson spoke strongly in favor of a patrol system and instanced several fires including the big Dunganon fire of 1906, which he claimed might have been easily checked if prompt action had been taken by patrols.

On the conclusion of the addresses the resolutions prepared by the lumbermen's committee were taken up. W. B. Snowball moved a resolution recommending the government to provide a chair of Forestry in the University of N. B., and also that the government provide forestry instructors to give short courses throughout the province of say 90 days in each district, on the (Continued on page 7.)

Headaches Mean Your Blood Is Poisoned

If your bowels, kidneys or skin are not ridding the system of waste-matter, the blood is laden with impurities, which inflame the nerves. It is these irritated nerves that make the head ache.

Powders and pills won't cure, they merely drug the nerves into unconsciousness and relieve for a short time.

"Fruit-a-lives" cure Headaches, Neuralgia and Nerve Pains

because they purify the blood. They act directly on the three great eliminating organs—Bowels, Kidneys and Skin—and restore them to healthy action, thus ridding the system of all poisons.

"Fruit-a-lives" are fruit juices—chemically changed, by the process of combining them, into a far more effective medicinal compound than the natural juices. 50c. a box—for \$2.50. At all dealers or from Fruit-a-lives Limited, Ottawa

Fruit-a-lives
ON FRUIT LIVER TABLETS. 108

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Bentley's Liniment
It will quickly relieve you of all the aches and pains of the body. It is a white liniment, not greasy, and it is the largest quantity of any liniment on the market. Perfectly clean, it is used to give quick satisfaction, or money is refunded. Thousands have made it and it will cure you of aches, pains, rheumatism, neuralgia, etc., but take care not to buy Bentley's, THE BEST LINIMENT. 50c. a box. 108

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"Baby's Own" Soap
—is made right with the right ingredients for a perfect soap.
It gives a rich creamy lather beautifully foamy & fragrant;
—it improves the complexion;
—it cleanses and softens the skin;
—and protects it from hard water, strong sun or wind.
"Baby's Own" is the best soap for every toilet purpose. 40c.

Albert Soaps Ltd., Montreal, Quebec, Canada

Be careful of imitations and substitutes.

Minard's Liniment Cures Dismemberment.

Lola—"Young Higgins must have an awful lot of money in the bank."

Grace—"What reason have you for thinking so?"

Lola—"He showed me a book containing nearly a hundred checks that had never been written on."

GUARANTEED CURE FOR PILES
Itching, Blind, Bleeding or Protruding Piles, Druggists are authorized to refund money if PAZO OINTMENT fails to cure you in 14 days—50c.

See it beside a babbling brook, this pretty summer maid, beside her lies an open book, also a silk sunshade. Upon her bosom lies a rose, in her hand lies a fan, and at her feet, as you'd suppose, there lies a nice young man.

Minard's Liniment Cures Diphtheria.

Teacher—"Wilfrid, name some of the great reformers."

Wilfrid—"Spelling or religious names."

Minard's Liniment cures Garget in Cows.

Some time ago I had a bad attack of Quinsy, which laid me up for two weeks and cost a lot of money.

Finding the lump again forming in my throat, I bathed it freely with MINARD'S LINIMENT, and saturating a piece of cloth with the liniment left it on all night.

The next morning the swelling was gone and I attribute the warding off of the attack of Quinsy to the free use of MINARD'S LINIMENT.

G. F. WARDEN, St. John.

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To Cure a Cold in One Day

Take Laxative Bromo Quinine Tablets. **E. J. P. Snowball**
Seven Million boxes sold in past 12 months. This signature.