

Wincarnis brings New Health and New Strength to all who are Weak, Anemic, Nervous, Run-down

WHEN your constitution is undermined by ill-health—when your home duties become burdensome—when your pleasure pall—when you are Weak, Anemic, Nervous, or Run-down—then it is that Wincarnis has the power in promoting new health and new vitality.

Wincarnis possesses a fourfold power for good. It is a Tonic, a Restorative, a Blood-maker and a Nerve-builder—all combined in one beneficial, health-giving preparation. That is why Wincarnis makes you feel so well, so quickly. And it is also the reason why so many doctors have recommended Wincarnis.

Wincarnis contains the very elements of which our bodies are composed and it has these wonderful properties in their most assimilative form. Every ingredient of Wincarnis is endorsed and recommended in the daily practice of the members of the medical profession the world over. Let Wincarnis give you the new health you need. Will you try just one bottle?

Proprietors: Coleman & Co. Ltd., Wincarnis Works, Norwich, Eng., Canadian Office, 67 Parkville St., Toronto; Frank S. Bell, Resident Director.

Sole Agents for the Dominion: Ralph J. Parsons & Co., 705 Bay Building, Toronto.



Obtainable from the Following Drug Stores:
E. Clinton Brown, J. Benson Mahony, F. W. Munro, M. V. Paddock, A. Chipman Smith & Co., S. M. Wetmore.

COUNCIL MEETING

Because of negotiations now in progress with federal authorities for the taking over of the port of St. John, the city council yesterday afternoon considered it inadvisable to transfer to Mrs. J. A. A. the fee simple of lot No. 18, Protection street, Brooks ward. She has offered \$860 for it and Commissioner Bullock had recommended that the offer be accepted. Considerable discussion took place and finally it was allowed to stand.

Assessors for the coming year were appointed—Timothy Lantam, James

Collins and R. M. Olive, chairman, being named. The same gentlemen served last year.

Tenders for the supplying of 10,000 feet of granite curb stone were opened. Four contractors tendered. The lowest was the firm of Morrison & Newlands of Hampstead, who quoted \$1.05 a lineal foot delivered at the city yard and \$1.10 delivered in the street. The tenders were referred to the mayor, Commissioner Fisher and the engineer.

The committee's recommendation was adopted that the contract prepared by the city solicitor with the Engineers & Co. Ltd., for the building of a concrete arch at the Alms House in connection with the water extension at East St. John at cost price plus fifteen per cent. be executed under the common seal.

Upon recommendation of the commissioner of harbors, license to use and oc-

PUTS O. K. ON BILL OF FARE

The Downcast Dyspeptic Takes Stuart's Dyspepsia Tablets After Eating and His Stomach Is Now a Twelve-Cylinder Motor.

The old-time grouch is now a Sunny Jim. Instead of feeling dull, stupid, irritable and after eating, taking a Stuart's Dyspepsia Tablet and is bright, active, good natured and full of pep. He puts his O. K. on the entire bill of fare; everything is good from the soup to the pie and cheese and sets snug and comfortable.

Once you learn the remarkable action of Stuart's Dyspepsia Tablets in digesting food, preventing and overcoming gasiness, heartburn, sour risings, lump in your throat, vomiting and the other distresses of indigestion you will eat what you want at any time without the slightest distress. Get a 50-cent box at any drug store and join the throng of live ones who are doing their bit and doing it again overtime.

The Best Cough Syrup Is Home-made

Here's an easy way to cure it, and yet have the best cough remedy you ever tried.

You've probably heard of this well-known plan of making cough syrup at home. But have you ever used it? When you do, you will understand why thousands of families, the world over, feel that they could hardly keep house without it. It's simple and cheap, but the way it takes hold of a cough will quickly earn it a permanent place in your home. Into a 16-oz. bottle, pour 8½ ounces of Pinex (50 cents worth); then add plain granulated sugar syrup to fill the bottle. Or, if desired, use corn molasses, honey, or corn syrup, instead of sugar syrup. Either way, it tastes good, never spoils, and gives you 16 ounces better cough remedy than you could buy ready-made for five times its cost.

It is really wonderful how quickly this home-made remedy conquers a cough—usually in 24 hours or less. It seems to penetrate through every air passage, loosens a dry, hoarse or tight cough, lifts the phlegm, heals the membranes, and gives almost immediate relief. Splendid for throat tickle, hoarseness, croup, bronchitis and bronchial asthma.

Pinex is a highly concentrated compound of genuine Norway pine extract, and has been used for generations for throat and chest ailments.

Avoid disappointment by asking your druggist for "2½ ounces of Pinex" with full directions, and don't accept anything else. Guaranteed to give absolute satisfaction or money promptly refunded. The Pinex Co., Toronto, Ont.

Dandruff Surely Destroys the Hair

Girls—if you want plenty of thick, beautiful, glossy, silky hair, do by all means get rid of dandruff, for it will starve your hair and ruin it if you don't. It doesn't do much good to try to brush or wash it out. The only sure way to get rid of dandruff is to dissolve it, then you destroy it entirely. To do this, get about four ounces of ordinary liquid arvon; apply it at night when retiring; use enough to moisten the scalp and rub it in gently with the finger tips.

By morning, most, if not all, of your dandruff will be gone, and three or four more applications will completely dissolve and entirely destroy every single sign and trace of it.

You will find, too, that all itching and digging of the scalp will stop, and your hair will look and feel a hundred times better. You can get liquid arvon at any drug store. It is inexpensive and four ounces is all you will need, no matter how much dandruff you have. This simple remedy never fails.

TO RELIEVE CATARRHAL DEAFNESS AND HEAD NOISES

If you have Catarrhal Deafness or head noises go to your druggist and get 1 ounce of Parmint (double strength) and add to it 1-2 pint of hot water and a little granulated sugar. Take 1 tablespoonful four times a day.

This will often bring quick relief from the distressing head noises. Clogged nostrils should open, breathing become easy and the mucus stop dropping into the throat. It is easy to prepare, costs little and is pleasant to take. Any one who has Catarrhal Deafness or head noises will give this prescription a trial.

Catarrh Of The Stomach Is Dangerous

"Thousands Have It and Don't Know It," Says Physician. Frequently Mistaken for Indigestion—How to Recognize and Treat.

"Thousands of people suffer more or less constantly from furred, coated tongue, bad breath, sour burning stomach, frequent vomiting, rumbling in stomach, bitter eructations, gas, wind, and stomach acidity and call it indigestion when in reality their trouble is due to gastric catarrh of the stomach," writes a New York physician.

Catarrh of the stomach is dangerous because the mucous membrane lining of the stomach is thickened and a coating of phlegm covers the surface so that the digestive fluids cannot mix with the food and digest them. This condition soon breeds deadly disease in the fermented, unassimilated food. The blood is polluted and carries the infection throughout the body. Gastric ulcers are apt to form and frequently an ulcer is the first sign of a deadly cancer.

In catarrh of the stomach a good and safe treatment is to take before meals a teaspoonful of pure Bisurated Magnesia in half a glass of hot water as hot as you can comfortably drink it. The hot water washes the mucus from the stomach walls and draws the blood to the stomach while the Bisurated Magnesia is an excellent solvent for mucus and increases the efficiency of the hot water treatment. Moreover the Bisurated Magnesia will serve as a powerful but harmless antacid which will neutralize any excess hydrochloric acid that may be in your stomach and sweeten its food contents. Easy, natural digestion without distress of any kind should soon follow. Bisurated Magnesia is not a laxative, is harmless, pleasant and easy to take and can be obtained from any local druggist. Don't confuse Bisurated Magnesia with other forms of magnesia, milks, citrates, etc. but get it in the pure bisurated form (powder, or tablets), especially prepared for this purpose.

SAYS HOT WATER WASHES POISONS FROM THE LIVER

Everyone should drink hot water with phosphate in it, before breakfast.

To feel as fine as the proverbial fiddle, we must keep the liver washed clean, almost every morning, to prevent its sponge-like pores from clogging with indigestible material, sour bile and poisonous toxins, says a noted physician.

If you get headaches, it's your liver. If you catch cold easily, it's your liver. If you wake up with a bad taste, furred tongue, nasty breath or stomach becomes rumbly, it's your liver. Sallow skin, muddy complexion, watery eyes all denote liver uncleanness. Your liver is the most important, also the most abused and neglected organ of the body. Few know its function or how to release the dammed-up body waste, bile and toxins. Most folks resort to violent calomel, which is a dangerous, salivating chemical which can only be used occasionally because it accumulates in the tissues, also attacks the bones.

Every man and woman, sick or well, should drink, each morning, before breakfast, a glass of hot water with a teaspoonful of limestone phosphate in it, to wash from the liver and bowels the previous day's indigestible material, the poisons, sour bile and toxins; thus cleansing, sweetening and freshening the entire alimentary canal before putting more food into the stomach.

Limestone phosphate does not restrict the diet like calomel, because it can not salivate, for it is harmless and you can eat anything afterwards. It is inexpensive and almost tasteless, and any pharmacist will sell you a quarter pound, which is sufficient for a demonstration of how hot water and limestone phosphate cleans, stimulates and freshens the liver, keeping you feeling fit day in and day out.

CELEBRATION COMMITTEES

Additional members have been added to the committee in charge of the celebration of the declaration of peace as follows:

Motor car committee—T. P. Regan, R. D. Paterson, Percy W. Thomson and F. W. Coombs; floats committee—A. E. Everett, W. Allison, F. W. Roche and H. W. Rising; parade—E. A. Scholfield, George L. Warwick, J. Petric, C. B. Allan, E. J. Terry, R. Sime, George Ellis, E. L. Rising, J. Prichard, Captain Mulcahy, T. Drumme and David Lynch; band—S. Herbert Mayes; Boys Scouts—A. C. Skelton; cadets—Major W. C. Magee; advertising—W. H. Golding; decorations—H. P. Robinson and Colonel E. T. Sturdee.

copy the lot near the ferry toll house, West St. John, was renewed to Peter Chaggaris for the period of one year, from December 1 next at rental of \$210.

SPANISH 'FLU a "Safety First" suggestion for its prevention is to drink every morning a glassful of

"RIGA"

Purgative Water. It cleans out and keeps clean the digestive organs and wards off disease.

Distributors for the Maritime Provinces: R. B. COLWELL, Halifax and NATIONAL DRUG & CHEMICAL CO. OF CANADA LIMITED, St. John and Montreal

Union Street Fire.

A fire broke out about midnight in a building in Union street, between Sydney and Brussels, occupied by Emery Brothers and the Acadia Box Company. Considerable damage was done to the two upper stories of the building occupied by the box company. Both firms are fully covered by insurance.

Another Break.

On Monday night an effort was made to enter the grocery store of James Macaulay, corner of Wentworth and Queen streets. Two men were coming along at the time and noticing the suspicious actions of two boys about sixteen years old notified the police. Detective Bidcombe was soon on the scene and as a result one of the boys was arrested.

VICTORY LOAN 1918

It is the duty of every citizen to purchase Victory Bonds, and this Bank is prepared to assist wage earners by making loans for this purpose at 5½%, being the rate the bonds bear. Wherever possible, the bonds will be held for safe-keeping, on behalf of small subscribers, for one year, without charge.

THE CANADIAN BANK OF COMMERCE



GREAT is the glory of our fighting men have won. Every time the Canadian Army is used as a "spear-head" we have news of another wedge driven into the enemy line. They never fail.

The lads from the Maritimes have taken a prominent and a glorious part. So wonderfully have they fought that we who sent them forth to battle for us have reason to combine with our pride of race a humble gratitude to those dauntless men who represent us on the firing line.

Let our gratitude and our pride take tangible form. Let us redouble our efforts to back them up.

Our iron and our steel are important factors in the fight that Canada wages. Let us keep the production going at top speed.

Our ships are no less essential to Victory than the men they carry across to France. Let us keep our shipyards busy, turning out the boats that we must have.

Our lumber is needed—all we can cut—for the building of those ships and for a hundred other war requirements. Let us work hard to get out the logs.

Our fisheries are supplying sustenance to the civilian population so that food may be released for our fighting men. Let us spread the nets for more fish.

The money to finance all these industrial activities will be provided by Canada's Victory Loan 1918. Let us, the people of the Maritime Provinces, subscribe to that loan as freely and as generously as our brothers in France are offering up their lives.

Let us prove ourselves worthy of those glorious deeds our soldier-kin are performing in France.

Let us eagerly welcome the opportunity of supporting that army which has placed Canada's honor so high among the nations of the world, nor consider any sacrifice too great that makes for Victory.

To Keep Our Fighters Fighting—To Keep Our Workers Working—

Buy Victory Bonds To the Uttermost Limit of Our Resources

Issued by Canada's Victory Loan Committee in co-operation with the Minister of Finance of the Dominion of Canada