

The Courier

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Bilious? Take NR Tonight

Nature's Remedy is Better and Softer Than Calomel. Cleans Out System Without Gripping, Stomach Aches, Headache, Constipation.

Bilious attacks, constipation, sick headache, etc., are to the great majority of cases due to digestive trouble and no reasonable person can expect to obtain real or lasting benefit until the cause is corrected. Nature's Remedy (NR Tablets) is a vegetable compound that acts on the stomach, liver, bowels and kidneys, the purpose being to bring about healthy and harmonious action of all the organs of digestion and elimination. It acts promptly and thoroughly, yet so mildly and gently that there is never the slightest griping or discomfort. But that is not all. Nature's Remedy (NR Tablets) have a beneficial effect upon the entire body. By improving the process of digestion and assimilation, the nourishment is derived from food, the blood quality is enriched, vitality is increased and the whole system strengthened. Once you get your body in this splendid condition, you need not take medicine every day—just take an NR Tablet occasionally when indigestion, biliousness and constipation threaten, and you can always feel your best. Remember keeping well is easier and cheaper than getting well. Get a 25c box of Nature's Remedy (NR Tablets) and try it. It is sold everywhere and recommended by your druggist.



Expert of Wheat Depends on Loan

Canada May Export 113,000,000 Bushels of Wheat in 1919-20 if Victory Loan is Successful

The bountiful harvests of Canada's farms would lose their surplus market without the working capital supplied by the Victory Loan. This is emphasized by an interesting estimate of the wheat crop for this year. The Government figures are 153,000,000 bushels or about 4,000,000 more than last year. According to economic experts Canada requires, for home consumption purposes approximately 40,000,000 bushels of wheat and for seeding purposes about 35,000,000 making a total of 75,000,000 bushels.

Allowing for the carry-over of a few million bushels, it will be possible for Canada to export about 113,000,000 bushels in 1919-20, as compared with 103,611,000 in the last twelve months.

Children Cry FOR FLETCHER'S CASTORIA

This is good news for Canadians who realize how dependent all classes in the community are upon the country's exportable produce. Canada's surplus wheat will find a ready market in Europe where the production of wheat is down. Great Britain and Ireland will require at least 180,000,000 bushels or about 70,000,000 more than Canada has to export.

As Sir Thomas White, ex-Finance Minister of the Dominion, pointed out some weeks ago Great Britain is Canada's greatest market for her surplus wheat. But the pressure of war upon the finances of the Mother Country has been so heavy that unfortunately she is not in a position to pay ready cash for the supplies which she needs. Canada can only sell her surplus wheat at high prices in the British market if the Victory Loan 1919 is oversubscribed. At least \$200,000,000 will be required by Canada for credits to Great Britain for the purchase of her surplus wheat. The circulation of this big sum will mean prosperity for a vast number of Canadians, if they will lend their profits and their savings with enthusiasm and unity.

Canada to the Fore

The manner in which Canada has come into the limelight as a source of Europe's food supply, in comparison with the days remembered by men still young, was demonstrated the other day in a cable to the Montreal Gazette from its London correspondent. The dispatch predicted a prospect for quick disposal of Canada's exportable surplus of wheat this year, and gave some facts as to its ultimate destination. Great Britain for instance in addition to making arrangements through the Royal Wheat Commission for the supply of smaller coun-

tries like Greece and Poland will want one million bushels for herself. Belgium alone will be an enormous consumer of Canadian wheat. She has negotiated for no less than two hundred thousand tons, the cash value of which runs into many millions.

It is clear however, that it is up, not merely to the Canadian pro-

ducer, but to the Canadian with money in his pocket to conserve these markets, on which our present and future prosperity largely depends. This wheat will be bought on credits protected by the Government of Canada, and the investing public of Canada must furnish the cash on which these purchases can be financed. That is one of the

main purposes of the Victory Loan of 1919. Canada cannot meet her other pressing obligations and also provide these credits, unless the people of Canada generously oversubscribe the new bond issue. It is just as inevitable as taxes.

REST WITH NATURE The closer you follow the rules

of Nature the more you will accomplish, and the longer you will live, even Nature takes her rest during the Winter months—Why not you? Spend this Winter on the Pacific Coast, where you can enjoy Summer pastimes, Ride, Motor, Golf, in the big outdoors.

The Canadian Pacific Railway operate three through trains daily

to Vancouver including the fast all-sleeping car train "Trans-Canada Limited". See the magnificent mountains in their Winter garb; the open seas and green fields—all this and more await you at the Pacific Coast.

Call or write for full particulars to any Agent of the Canadian Pacific Railway.

-- WHICH ARE YOU GOING TO HAVE \$45 or \$82.50

If you have \$100 in the Savings Bank it will pay you 3 per cent. interest, or in fifteen years, \$45.00.

If you take that money out of the Savings Bank and invest it in Victory Bonds, Canada will pay you 5½ per cent. interest on it, or in the same time, \$82.50.

There, briefly, is one advantage of buying Canada's Victory Bonds instead of leaving your money lying idle, or earning only 3 per cent. interest in a Savings Bank.

But there is another reason why you, of all people, should buy Victory Bonds.

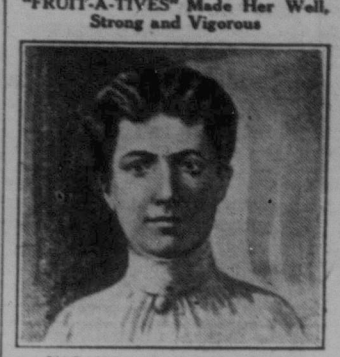
You where not born here. You are a Canadian citizen by choice. In buying Victory Bonds, therefore, you show very clearly how much you appreciate the privileges of living in this great Dominion of Canada.

Remember this when you are asked to

BUY VICTORY BONDS And Get More Interest

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

BECAME SO THIN SHE WAS AFRAID



MADAME ARTHUR BEAUCHER 803 Cartier St., Montreal.

"I suffered terribly from Constipation and Dyspepsia for many years. I felt pains after eating and had gas, constant headache, and was unable to sleep at night. I was getting so thin that I was frightened and saw several physicians who, however, did not seem able to help me. It was a friend advised me to take 'Fruit-a-Lives'. I did so and soon I felt some relief. I continued with 'Fruit-a-Lives' and in a short time, the Constipation was banished, I felt no more pains or headache or the disagreeable sensations that follow dyspepsia. Now I am well, strong and vigorous."

Madame ARTHUR BEAUCHER. In a box, 6 for \$2.50, trial size 25c. At all dealers or from Fruit-a-Lives Limited, Ottawa, Ont.

Credits Must Be Established for Sale of Surplus Products.

Success of Victory Loan 1919 Will Insure Steady Markets for Farmers

It takes some six bushels of wheat to feed the average person in Canada annually. Roughly, therefore, the eight-million people here consume about 48,000,000 bushels each year. But even in a poor year the crop is some five times that amount, and the surplus must be sold if the farmer is to get a return for his time and labor. But the sale of the crop must be financed. Great Britain, which provides our greatest market, has not the ready cash, and so Canada must find means of raising the money. Hence the Victory Loan 1919. In view of the fact that the prosperity of the Dominion is dependent to a considerable extent upon the sale of her surplus grain, the necessity of the money being forthcoming is patent.

Your dollar may be the last straw that sweeps the Victory Loan over the top. Would you take the chance of making it a failure?

PEPS

the real breathable tablets, make the throat, chest, and lungs cold resisting. When a nasty cold or a coughing bout foretells the revival of your old bronchial trouble, the best thing to do is to take Peps at once to strengthen and

PROTECT

the chest. When a Peps tablet is taken from its preserving silver wrapper and allowed to dissolve in the mouth, it gives off powerful medicinal and germicidal fumes that immediately circulate with the breath through all the air-passages, and destroy any germs that have got into

YOUR

nostrils and throat. At the same time the sore, inflamed membrane is soothed, healed, and protected, phlegm is released from the bronchials, breathing is made easy, and that distressing cough and throat soreness disappear.

By this direct treatment Peps keep trouble off the

CHEST

and lungs, and the worst weather can be faced without fear of evil consequences. It is the safest plan to always have a few Peps handy to arrest a cold, and prevent it reaching the lungs or starting bronchitis and chest weakness.

