

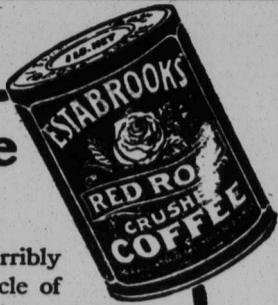
No Advance in 3 Years

With war-time prices so terribly high for nearly every article of food, it must be a particular satisfaction to those who love good coffee to know that there has been no advance in the price of Red Rose Coffee for three years—and the great increase in the sale of Red Rose Coffee this year shows that the price is appreciated.

People everywhere seem to be using much more coffee than they did before.

Red Rose Tea is economical on account of its superior quality—but Red Rose Coffee is economical both on account of its quality and price, a combination hard to maintain in war-time.

Red Rose Coffee



Millions of Packages

of this famous War-time Sweetmeat are sent to the soldiers, sailors and aviators at the front.

If you have a friend there, see that every parcel or letter contains a few bars or a package of WRIGLEY'S, the great chewing confection that is used around the world.

Keep it always on hand. It helps teeth, appetite, digestion.



The Flavour Lasts

PUT WRIGLEY'S IN YOUR FIGHTER'S CHRISTMAS BOX.

It costs little but gives a nerve-steadier, a thirst lot of comfort and refresh quencher, a pick me up. Every ment Not only a long lasting confec Christmas parcel should contain some WRIGLEY'S GUM.

The medical board centres under Province are as follows: Fredericton, the Military Service Act for the Moncton, Newcastle, St John.

A Consumptive who Strengthens will surely Recover.

Diseases of the respiratory organs, owing to the loss of flesh and exhausting effects they entail quickly lead to Anemia, general and nervous Debility. It is then that Tuberculosis begins its work of destruction. Those who are subject to chest diseases should protect themselves by using.

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CRESO-PHATES THE PULMONARY TONIC
This precious tonic wine, composed of tonic elements combined with phosphates and creosote cures by diminishing the duration of the attack, by reducing the intensity of the symptoms and warding off possible complications, by repairing the losses of the organism.

Dr. Ed. Morin's Cardinal Pills purify and enrich the blood.

ON SALE EVERYWHERE
Dr. Ed. Morin & Co., Limited, Quebec, P. Q.

NORTHUMBERLAND COUNTY TEACHERS' INSTITUTE

Record Attendance.—Valuable Addresses Given.—More Government Pay Favored.—Suppression of Child Labor, Tobacco Trade, Etc., Suggested

The fortieth annual meeting of the Northumberland County Teachers' Institute convened in the Assembly Hall of St. Michael's Academy, Chatham, Thursday forenoon, September 27th, with a record attendance. During the days 122 teachers enrolled, as follows:

S. Edith Baldwin, Newcastle; Frances A. Barry, Bartibogue Bridge; Kathleen Bean, Kirkwood; Clara J. Bowie, The Willows; Annie Bransfield, Little Branch; Clara Bransfield, Escuminac; Mary Carney, Douglastown; Alice I. Carroll, Wellsbrook; Annie M. Carroll, Mill Bank; Clara Cassidy, Chatham; Mabel C. Cook, Price Settlement; Annie Craig, Newcastle; Linden Crocker, Blackville; Margaret M. Doak, Doaktown; Muriel M. Donald, Morehouse; Mary E. Donovan, Douglastown; Catherine G. M. Driscoll, Nordin; J. H. Drummie, Newcastle; Sister Annie M. Dunn, Chatham; Emerentena M. Dunn, Grainfield; Lena M. Edmunds, Chatham; Frances H. Fayle, Tabucinae; Jennie M. Fellows, Newcastle; A. Cella Fitzpatrick, South Nelson; Alice G. Fitzpatrick, Baraboy River; 6 1/2 Nelson; Ethel Fitzpatrick, Auburnville; Katie M. Fitzpatrick, Baraboy River; 5 Nelson; Margaret Fitzpatrick, Doyle's, Bartibogue; Stella T. M. Flaherty, Loggieville; A. Louise Fieger, Chatham; L. Louise Fowler, Burnt Castle; B. Marion Fraser, Chatham; Edna F. Fraser, Chatham; Anita J. Gallagher, South Nelson; M. Tagale A. Gallivan, Chatham; Mary R. Gallivan, Chatham; May V. Gaynor, No. 5 Glenelg; Bessie O. Gilks, GEs; Eleanor I. Godfrey, New Jersey; Annie M. Graham, Derby Jet; Priscilla M. Graham, RoBank; Ella Gray, Newcastle; A. J. Harrigan, Loggieville; Myrtle S. Harris, Weyerton; G. H. Harrison, Chatham; Grace Henderson, Chatham; Lou Henderson, Loggieville; Anna R. Hildebrand, Chatham; Rose H. Hoffman, Middle Island; Gertrude B. Holland, Redbank; Gertrude Hosford, Coughlan; Haviland P. Howe, Ladlow; Jessie E. Howe, Halcomb; Iris C. Howe, Ellenstown; Margaret M. Isaacs, Burnt Church; Olive B. Jardine, Centre Napa; J. D. Keane, Newcastle; Ella V. Kearney, North Rencus; Harriet E. Keating, Eel Ground; Augusta G. Kelly, Loggieville; Myrtle Kirkpatrick, Brynton; Clara L. Lator, Newcastle; M. Clara LeBlanc, Lower Nequac; Ida C. Lynch, Chatham; Anna MacDonald, Redmondville; Myrtle MacDonald, Point au Carr; Florence E. MacKenzie, Douglastown; Kate I. B. MacLean, Chatham; May M. Main, Chatham; B. Edna Malone, Boietown; Mary A. Mann, Lower Napan; Ralph W. S. Manzer, Chatham; Anne McEachran, 3 Genele; Sister Maud T. McEwee, Chatham; Jessie McEwen, Ferry Road; Inspector P. G. MacFarlane, Newcastle; Minnie W. McKnight, Tabucinae, 5 Alnwick; Jennie McMaster, Newcastle; Sister Mary A. McNeil, Chatham; Hazel S. Miles, Doorn Road; Katherine C. Mills, Loggieville; Annie E. Morrison, Douglastown; Stella Mullin, Trout Brook; Dorothy J. R. Murphy, Casalis; Sister Margaret H. Murphy, Chatham; Annie L. Murray, McNamee; Katherine A. Murray, Chatham; George L. Nelson, Upper Black River; Minnie E. O'Brien, Danne; Katherine E. O'Shea, Sevoile; E. May Parks, Silliker, 11 South Esk; Edith I. Parks, Silliker, 7 1/2 South Esk; Mary Power, Reynolds; Nellie M. Power, South Nelson; Stella C. Power, Blackville; Kathleen T. Preston, Little Bartibog; Perley Quail, Millerton; Mary H. Rae, Strathadam; Bridgie L. Roman, Semiwagan Ridge; Annie G. Reineborrow, Upper Bay du Vin; E. Eva Reynolds, White Rapids; M. Helen Reynolds, Doyle's Brook; May M. Reynolds, Sunny Corner; Mary Russell, Russellville; Irene M. Savoy, Chatham; Harriet Schofield, Renous; Mrs. Beatrice Shuttleworth, Lower Derby; Florence L. Shuter, Chatham; Head; Amy P. Sobey, Upper Blackville; Leona S. Somers, McKisleyville; Jean Stewart, Upper Napan; Nellie Stohart, Millerton; H. H. Stuart, Douglastown; Isabelle Turbide, Portage River; Sadie E. Urquhart, Upper Derby; Gladys M. Walsh, Black River Bridge; Frances A. M. Whyte, Doaktown; Victoria G. Williston, Bay du Vin; Vera M. Wilson, Chatham; Victoria C. Wright, Chatham; Kathleen M. Young, South Esk.

Letters of regret at not been able to attend and best wishes for the success of the Institute were read from Dr. W. S. Carter, Chief Superintendent of Education, and Inspector Charles D. Hebert. The following committees were appointed: Audit—G. H. Harrison and Miss Mary Carney. Nominating—J. H. Drummie and Misses Gertrude B. Holland and Annie M. Graham. Resolutions—J. D. Keane and Perley Quail. Opening Addresses Inspector P. G. MacFarlane presided and gave the opening address, strongly urging the importance of nature study. Director R. E. Steeves followed with an earnest plea for broad education that would develop the pupil in all ways, not merely direct his attention writing to one professional career.

In the afternoon, Elster St. Stanislas (Mary A. McNeil) of St. Michael's Academy gave an excellent demonstration in writing, teaching a class of small children the elements of writing according to the Palace, or muscular movement, system, which is in vogue in all Chatham and many other schools. The lesson given by Sister St. Stanislas was a decided success. Insects A Teacher Should Know Wm. McIntosh, provincial entomologist followed with a most valuable illustrated lesson on Insects a Teacher Should Know. In closing he urged all teachers who wished to send to his office for lessons on any special insects, weeds, etc.

Public Meeting A public meeting in the evening was held in the same building; as were the previous sessions of the Institute. The programme was a most excellent one, being as follows: Instrumental Duet—The Misses Babinou. Address—Inspector P. G. MacFarlane. Vocal Solo—Miss Mary Kerr. Address—Mayor W. B. Snowball. Selection—Convent Orchestra. Vocal Solo and Chorus—Convent pupils. Address—J. L. Stewart, Ex-M. L. A. Vocal solo—Miss Lillian Shields. Address—Director R. P. Steeves. Address—Rev. Principal Roach of St. Thomas' College. Selection—Convent Orchestra. Patriotic Song, with violin accompaniment—Convent pupils. God Save the King. The vocal and instrumental was all of a high order and much appreciated. The address were timely and instructive, Mayor Snowball and Mr. Stewart speaking more particularly on the schools and educational conditions in Chatham, Mr. Steeves on the ideal education, while Inspector MacFarlane and Principal Roach gave helpful suggestions to the assembled teachers.

Friday's Sessions The Institute opened its fourth session Friday morning at 9 o'clock. Co-operation The first address was one on "Co-operation between Parents and Teachers" by Principal Perley Quail of Millerton. Mr. Quail who is the president of a very successful Parish Teachers' Association, noticed appreciatively the growth of co-operation the world over, with the increased interdependence resulting therefrom. That the school should be a success there must be cooperation between the Principal and his fellow-teachers, and between the school and the home. Teachers should take a greater interest in the home life of their pupils, and more attention should be given in the home to the training of the children.

The teacher should visit often the homes of the pupils. By doing so he can find out facts that will help in his teaching. He agreed with Principal McLellan that "we are all born to be educators, to be parents, as we are not born to be engineers, or sculptors, or musicians, or painters." It is part of the teacher's duty to help in the development or cultivation of the natural gift of teaching in the parents. A simple knowledge of the general principles and elementary truths of physiology and psychology is necessary for both parents and teachers. Teachers should make use of the press in bringing educational methods before the public.

Much good may be done through the Women's Institutes and other social meetings. The parents should visit the school, and cooperate with it in discipline, and in seeing that lessons are studied. The regular meeting of the teachers of the parish with each other and the parents would be of great help. The Derby Parish Teachers Association meeting at Millerton, was organized a year ago and has grown in membership from 4 to 8 or 10. The Teacher's problems are discussed, and the last meeting in June was thrown open to the parents. Such associations may include parents among its members. This has been found to be of help in bringing the parent and teacher closer together.

10 CENT "CASCARETS" FOR LIVER AND BOWELS

Cure Sick Headache, Constipation, Biliousness, Sour Stomach, Bad Breath—Candy, Cathartic.

No odds how bad your liver, stomach or bowels; how much your head aches, how miserable you are from constipation, indigestion, biliousness and sluggish bowels—you always get relief with Cascarets. They immediately cleanse and regulate the stomach, remove the sour, fermenting food and foul gases; take the excess bile from the liver and carry off the constipated waste matter and poison from the intestines and bowels. A 10-cent box from your druggist will keep your liver and bowels clean; stomach sweet and head clear for months. They work while you sleep.

Writing In the afternoon, Elster St. Stanislas



BRITISH ADMIRAL SAYS

ROYAL NAVAL CLUB, Portsmouth, England. Dear Sirs,—I have found Zam-Buk most reliable for healing cuts and abrasions; while for the relief of skin irritation it is invaluable. (Signed) RODNEY M. LLOYD, Admiral.

ENTIRE CREW PRAISES ZAM-BUG From Admiral to stoker, all grades of service praise Zam-Buk. Stoker Kingsnorth, of H.M.S. "Cochrane," says:—"I slipped and fell on an exhaust steam pipe, which fairly frizzled the skin on my arm. At once the ship's surgeon directed the burn, but the injury would not heal owing to a lot of dirt from the pipe causing blood-poison. I was in fearful pain and didn't know how to get ease. For weeks I remained under treatment, but the ordinary ointments proved no good. Indeed, I got worse. I therefore obtained a supply of Zam-Buk and almost as soon as this was applied I got ease. From the very first application, healing commenced; and a few boxes of Zam-Buk healed my wound completely." Zam-Buk cures eczema, ulcers, abscesses, ring-worms, bad legs, varicose ulcers, piles, cold sores, chapped hands, babies' sores, etc. All stores at 25c., or sent free from Zam-Buk Co., Toronto, for price.

FREE TRIAL BOX will be sent on receipt of this advertisement and 1c. stamp for postage. USE ZAM-BUG

The Parent-Teachers Associations, of the U. S. A. have been very successful. The short tenure of office of teachers is a serious drawback in many districts. The work of the school and home have been drawn closer by school fairs, and this cooperation can be greatly increased by Women's Institutes and other local bodies taking (Continued on page 4)



Try BEAVER FLOUR Both Ways Make up a batch of Bread and Rolls with it. Then bake a Pie and Cake. Notice the fine, even texture—the absence of holes—the delicate, nutlike flavor, of the Bread. Then consider the lightness and flakiness of the Pastry. You'll never go back to the coarse, almost tasteless western wheat flours, after once enjoying the flavor of the good things made with Beaver Flour. Order a sack today.

DEALERS—write us for prices on Feed, Coarse Grains and Cereals. THE T. H. TAYLOR CO. LIMITED, CHATHAM, Ont.



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NEPONSET Paroid ROOFING

Neponset Paroid is made with permanent Grey, Red, and Green Surface. Every roll contains complete kit, and our unconditional guarantee. For your home, Neponset Twin Shingles are recommended, having the same good qualities as Paroid, and with crushed slate surface of Red or Green. Hardware and lumber dealers sell Neponset products. Go to the Neponset dealer and get real satisfaction.



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