

FIVE YEARS' AGONY ENDED

When No Took "Fruit-a-lives" For Rheumatism

The Medicine Made From Fruit
There can be no doubt that "Fruit-a-lives" is the long sought remedy for Rheumatism and Lumbago. From all over Canada come letters testifying to this fact.
Mr. John E. Gulderson of Parrboro, N.S. writes: "I suffered badly with Rheumatism for five years—tried different medicines—was treated by doctors in Amherst—and here at home—but the Rheumatism came back.
In 1918, I saw an advertisement for "Fruit-a-lives" and took a box and got relief, so I took them for about six months and the Rheumatism was all gone and I have never felt since."
50c a box, 6 for \$2.50, trial size 25c. At dealers or from Fruit-a-lives Limited, Ottawa, Ont.

PICTURE FRAMING
TYPEWRITERS SUPPLIES
PIANOS AND ORGANS
MONUMENTS, UNDER-
TAKING EMBALMING

D. F. GRAHAM

WATER ST. PHONE 88.



WE EMPLOY THE MOST APPROVED METHODS

of treatment pyorrhea, or what was long known as Riga's disease. We can effect a permanent cure in many cases, and bring about great relief and improvement in all other cases. Do you know that you may have pyorrhea and not know it yourself? Let us examine you today. Electric massage and mercant treatment. The Most Famous.

Dr. BRENNAN

Office in McLean Bldg.

to Gas on Stomach
Nervous Feeling Due

Pressure of gas on heart and other organs often causes a restless, nervous feeling. Simple bursters, barks, glycerine, etc., as mixed in Adlerika, expels gas and relieves pressure and nervousness almost INSTANTLY. Acts on BOTH upper and lower bowel. Adlerika removes matter you never thought was in your system which poisoned stomach, causing gas and nervousness. EXCELLENT to guard against appendicitis. A. McE. McDonald, Druggist.

After Every Meal
A universal custom that benefits everybody. Aids digestion, cleanses the teeth, soothes the throat.

WRIGLEY'S
a good thing to remember

Sealed in its Parity Package
THE FLAVOR LASTS

PACKARD'S
Black-O

You can wear your old "comfy" shoes and have them look bright and smart if you keep them well polished with Black-O. Only takes a few minutes—and makes them last longer.

Use Tan-O for Tan
Boston Blacking Company
MONTREAL

OF INTEREST TO WOMEN

Here Are Four Really Delicious Relish Recipes

Home-made relishes are always welcome, and it is a good idea to make a few bottles or jars of several kind, but not enough for the family to tire of them.

Bright, clear days are the best for preserving and pickling, as the things to be done up are subject to atmospheric conditions in the cooking.

BEEF AND HORSE RADISH
Boil in the usual way as much beef as are to be used, and when they are done, skin them and chop them fine. To each cupful of the chopped beef, add a cupful of grated horseradish, a teaspoonful of salt, a half teaspoonful of paprika and a quarter-cupful of sugar. Cover with a quart of hot, spiced vinegar and bring all to boiling point. Simmer two minutes, then turn into jars and seal hot.

APPLE AND TOMATO BUTTER
Peel firm, yellow tomatoes, enough to make four quarts. Put the tomatoes into the preserve-kettle with eight pears, cored and sliced sour apples. Add enough cider to cover, put in a spice bag and add three pounds of sugar. Melt, then cook gently, and add as it cooks down a small cupful of honey and a half-lemmon with seeds removed. When cooked down rich and heavy, remove lemon and the spice bag and turn into a crock to store away.

UNCOOKED PICKLED ONIONS
When convenient, get the small pickling onions, peel them with a stainless steel knife and pack in sterilized jars with two pointed peppers in each jar. Add a tablespoonful of mustard seed to each jar and three pepper corns. Then cover with cold vinegar and seal tight.

CUCUMBER RELISH
Pare, quarter and seed enough cucumbers to make one quart. Peel a cupful of small white onions and seed two red peppers. Put all through a food chopper. Seal a pint of vinegar, add two tablespoonfuls of mustard seed, a half tea-spoonful of paprika, a little spice-bag, and boil it until all is clear. Put the vegetables into a saucepan with a tin bit of water and cook until the cucumbers are tender. Then turn into the hot vinegar, cook a few minutes and can seal.

Important Points to Remember in Preserving Fruit
Preserving days are here once more. Strawberries are usually our first consideration, closely followed by cherries and currants.
The modern jelly-bag mounted on a dripping-line is more convenient than the old way and rings are cheap. Porcelain-lined iron should be cleaned up and be sure that it has not been burned through when used last.
Many women have their currents picked late in the afternoon and place them in a kettle with a half-pint of water and let them melt down over a moderate fire after which they turn them off to drain all night.
This is a practical way for then early in the morning the juice and sugar may be measured and the jelly is out of the way in an hour or so before the day gets well under way.
Three quarters of a pint of sugar to a pint of juice is a good rule to follow. Skim the jelly well putting the skimmings into the vinegar-jug or barrel where they make a wonderfully clearing sort of mother.
The length of time taken to cook the jelly depends greatly on the atmosphere. It may vary from 12 to 20 minutes. The jelly will be finer if made in smaller quantities. So it is better to make two batches.
In preserving strawberries for preserving, use only perfect fruit and wash the berries before hulling them. An innovation in this very fine form of preserving is to measure the berries, allowing three quarters of a pound to each pint of sugar. Have at hand some squares of coarse cheese-cloth to save tea-towels. If one does not want to go to the expense of getting a canner, an ordinary wash-boller will do with a wire rack in the bottom to keep the jars in place. A box of labels should be prepared and any other little things that are apt to be needed. Fresh spices should not be forgotten if spiced fruit is to be prepared.
The newer way would be to fill ster-

The Problem of Selecting Table Silver For Newlyweds

How much silver really is needed to start housekeeping in a small way is always a disputed point among relatives and friends of the new couple. In fact, to be honest, a third of a dozen of the regular flat-ware would do for the first few months, were it necessary to economize that closely.

A half-dozen of each needed piece would be an ample supply. It is all a case of comparative conditions. The question of how the young people are situated financially, where they are going to live, how much entertaining they are likely to do and how much help they expect to hire should be considered in the investment.

If friends would only club together in buying wedding silver and get the box of needed flat-ware all alike! This would be so much wiser than to send individual odd things—sometimes duplicates—that are really not among the first necessities.
The question of heavy plate-ware and solid-silver is also one to be discussed freely. If the young people are starting in a very modest way good plated-ware is both sensible and serviceable. If any piece is lost, it is not a thing to worry about and more than likely the open pattern may be matched up easily in replacing the lost piece. Solid silver is a care all though nice to own.

The dozen of everything should include a dozen dinner forks, a dozen small forks for salad, dessert, breakfast and luncheon use, a dozen each of soup, coffee and teaspoons, a dozen table-spoons, a dozen butter spreaders, a dozen knives of dinner size and a dozen in smaller size, one sugar spoon and tong, one soup and one gravy ladle, one berry spoon and one pie-knife. These are the plain necessities of the simple set home table.
Then come the cake-knife, cold-meat fork, pickle-server, olive-fork, tomato-server, orange-spoons, jelly-server, ice cream forks and an endless lot of other things that make the table service complete and up-to-date. However to have, but fit to collect piece by piece if they do not come as wedding presents.

If careless help wash the plated silver, vegetable-dishes and platters like wrecks in a short time, and it will be better to stick to china dishes—at least they can only be broken.
The extra silver pieces like the bread and sandwich trays, a cheese-dish with glass inset, butter-ball dish and cake-plate or basket, are all attractive, but must all have their own fitted dollies—except the two with glass insets. While these things are nice to have, they need not be in every day use if there is no help to care for them.
The care of silver should be understood by its owners, so that it may always look its best. Dirty silver is inexcusable. Before cleaning, the silver should be immersed in hot water and washed with a soft cloth and silver chosen silver paste or cream should be applied, a very soft brush being used in the carvings or raised ornamental work. When the paste has been rubbed on all pieces, then immerse them again in fresh hot water, dry them on a soft cotton-flannel cloth and polish them with a fine soft chamois.

Next, place the pieces in a closed closet and place a piece of cambric gum on the shelves. If the silver is not used very often, slip a cotton flannel bag over each piece. If it is to stand indefinitely, grease it over very lightly with fresh unsalted butter, wrap it in soft tissues, then in the cotton-flannel bag. When it is wanted slip it into hot water and then wipe with a dry cloth and the chamois and it will be ready for use. Silver cared for in this way need be cleaned well only once a month. On the odd weeks, a soapy bath will be sufficient, followed by wiping and a chamois polishing.

Futile Plans
Two Scotsmen decided to become teetotallers. But McGregor thought it would be best if they had one bottle of whiskey to put in the cupboard in case of illness, so the bottle of whiskey was put in the place mentioned.
After three days Sandy could bear it no longer, and he said:
"McGregor, I am ill."
"Too late," says McGregor. "I was ill all day yesterday."

WILSON'S FLY PADS

Kill them all, and the germs too. 10c a packet at Druggists, Grocers and General Stores.

MUCH IMPRESSED

WITH N. B. ROADS

Colonel Smythe, of Ottawa, representing the Dominion Government has been in New Brunswick inspecting the roads built under the Federal Aid scheme. He covered the northern and central parts of the province. His trips included St. John to Musquash, St. John to Welsford and Fredericton to Woodstock.

The Colonel stated that he much impressed with the New Brunswick roads and was surprised at the low construction cost which had put the New Brunswick highways in such splendid condition.
He stated that when he visited New Brunswick he expected to find patch-work on account of the low cost of construction, but instead he found continuous stretches of splendid gravel roads at a low cost per mile.

Colonel Smythe will leave tonight for Quebec where he will inspect the Quebec highways. He represented an Ontario constituency in the Conservative government.

SCAPA FLOW HULKS

TO BE SOLD FOR JUNK

German Fleet Under Water For Four Years

London, July 2.—The German fleet scuttled at Scapa Flow in June, 1919, is to be raised, cut up, and sold for junk. The Admiralty has signed a contract with a private company which has purchased part of the sunken ship and will start operations at once to raise them.

The company is said already to have found a market for the hulks. If the operations are successful a

Admired Hair Is Shampooed This Way

Hair that gleams with life and color

Women admired and envied for their richly beautiful hair know this secret. Hair specialists agree that it beautifies hair. Olive oil for the shampoo!
It has been used since history began. For its gentle cleansing action removes all dirt and oil from scalp and hair. Hand-rubbed is dissolved and washed away. And the bright sheen of life and color is gradually increased. It leaves hair fluffy—never dry or brittle. It leaves hair silky and pliant as a baby's hair.

Thousands of women now regularly treat their hair this beneficial way. They use PALMOLIVE SHAMPOO—olive oil in its most perfect form for the shampoo. Easy to use. And very economical.
You can get full-sized bottles at your dealer's. Or, by mailing coupon, you may have a 15c trial bottle free. Get some at once. Use it. See the results that follow even one shampoo.

THE PALMOLIVE COMPANY OF CANADA, Limited

Montreal, Que. Toronto, Ont. Winnipeg, Man.

15c TRIAL BOTTLE FREE

Fill in name and address and mail to the Palmolive Company of Canada, Ltd., Dept. 2843, Toronto, Ont. For 15c trial bottle free.

Name _____

Address _____

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Subscription for The Graphic, \$2.00 per year.

Contract will be signed for the remaining section, which includes the largest of the ships.

The vessels sunk comprise ten battleships, five battle cruisers and twenty-nine destroyers. Their total tonnage being about 416,000. The contract already agreed to covers twenty destroyers and one of the battle cruisers.

The vessels were sunk by their crews opening all the sea-cocks and flooding the ships. This will, however, make the work of the salvagers much easier, as it is planned to shut the cocks and pump the water out of the holds.

The commissioner reiterated today his determination to sanction no search of passenger's grips without the suspected individual himself being present and opening the bag. He is now taking the matter up with the C. N. R. detective organization with a view of having inside co-operation with his squad in detecting the right officers.

Saved!
First citizen: "I never saw money as tight as it is this year. I don't know what's going to become of the county."
Second citizen: "What's the trouble now?"
First citizen: "Last week we had to borrow \$500 to get our termis courts finished and we couldn't get a cent from the bank in town."
The situation was only saved when one of the lady members, who is a stenographer, lent the club the money."

THANKS
The ladies of the Jeanie Gordon L. O. B. A. wish to thank those who so willingly helped to make the day the 12th of July a success.
The amount raised has been sent to the Protestant Orphanage, St. John, N.B.
MARY JANE DUNCAN, W. M.

BAPTIST CHURCH SERVICE
Rev. Thomas G. Roy of Brookton, Mass., will preach at both services in the Baptist Church next Sunday. In the morning his subject will be "Don't Hurry," and in the evening his subject will be "Why Blame the Devil?" Mr. Roy will sing a solo at the evening service.

RETURNS TO BANK
Mr. P. A. Starrett, who relinquished his position as Asst. Accountant in the local branch of the Bank of Nova Scotia last May and has since been reading at his home in New Brunswick, Que., returned to the city on the Ocean Limited yesterday. Mr. Starrett will resume his former duties with the Bank here today—Monro Times, July 19th.

PROFESSIONAL
Dr. A. Pierre Crochet, eye, ear, nose and throat specialist will be at the St. Louis Hotel, Campbellton, FRIDAY, JULY 27th, where he may be consulted professionally.

NOTICE
Beginning September 1st I will be prepared to take pupils in piano-forte in Campbellton and Dalhousie. Courses taken at Halifax. Conservatory and also studied at "Edgemoor" Windsor, N. S. Please write Matapedia, Que., or telephone Campbellton No. 234.
HEATRICE MYLES.
Box 15, Matapedia, Que.
July 25-26-27.

Trust this Label

FOR over twenty years the Carnation label has been a sure guide to purity, safety, and convenience in milk. Carnation is simply the richest and best milk with about 60% of the natural water content removed by evaporation, sealed in the container and sterilized.

Carnation is rich enough to take the place of cream in tea, coffee, etc. By adding a little more than an equal part of water you get "whole" milk of natural consistency. Order several tall (16 oz.) cans or a case of 48 cans from your grocer.

Try this recipe and write for the free Carnation Cook Book.

THIN WHITE SAUCE

Two tablespoonfuls flour, 2 tablespoonfuls butter, 1/4 teaspoonful salt, 2/3 cup water, 1/2 cup Carnation Milk. Melt butter, add flour and stir until thoroughly mixed. Add the milk with the water and cook about five minutes or until the mixture thickens, then add salt. This recipe makes one cup of sauce.

CARNATION MILK PRODUCTS COMPANY, Limited
Manufacturers at Sydney and Springfield, Ont.

The label is red and white

Carnation

CONDENSED MILK

FROM CONTENTED COWS

Carnation

CONDENSED MILK

FROM CONTENTED COWS

Carnation

CONDENSED MILK

FROM CONTENTED COWS

Carnation

CONDENSED MILK

FROM CONTENTED COWS

Safety Deposit Box

Have your Valuable Papers, Victory Bonds, etc., stored in one of our Safety Deposit Boxes. Do not run chances of having them destroyed by fire or stolen.

PROCURE ONE NOW

THE PROVINCIAL BANK OF CANADA

Campbellton Branch: L. J. Bourque, M.

LOCAL ITEMS OF INTEREST

Newspapers of Town and Country Happen Gathered by Graphic Reporters.

ODDFELLOWS HOME OPENED.
The Maritime Oddfellows' Home at Pictou, N.S., was formally opened last Tuesday by the Rev. J. H. C. Wainwright, N.S. Many representatives of grand lodges were present. The ladies of the home were present.

LAWN FAIR
The Ladies of the Atholville are holding a lawn fair at the new church building Aug. 2nd, on Mr. Smith's grounds near the station.

MAKES ASH
David G. Mand Northumberland Co. assignment to H. G. Crockett, authorized by the creditors. The liabilities of the estate are \$10,000.

GOING TO
A large number of the ladies of the town are going to the construction conference at Pictou, N.S., on Friday.

STREET JIM
Long-needed help put on seven feet of town this Street West, Crockett West and St. are all being run off and many ho of a source of much are being all the lower stories being deposited. Sugarcoat Street serve as a good concrete sidewalk.

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HEATRICE MYLES.
Box 15, Matapedia, Que.
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FOOD FACTS
GOOD GROCERIES KEEP PLACE IN THE FAMILY

PAY CASH.

Good groceries at most saving prices are bound to keep peace in the family. You'll enjoy the quality of the foods here and you'll enjoy carrying them home.

BULK TEA
Pioneer Blend 64
CORNFLAKES
Quaker Cornflakes 100

CARRY IT HOME
CAMPBELL CASH & CARRY

3 Stores
Ramsay St. Minto St. O. Dewar Prop.