

### MOTHER OF TWIN BOYS

Tells How Lydia E. Pinkham's Vegetable Compound Relieved Her of Inflammation and Great Weakness

West St. John, N. B. — "I was in a general run-down condition following the birth of my twin boys. I had a great deal of inflammation, with pains and weakness. Finally my doctor recommended Lydia E. Pinkham's Vegetable Compound. He said that your medicine would be the only thing to build me up. I am sure he is right, for I am feeling much better and am gaining in weight, having gone down to ninety-three pounds. I was in bed for over a month, but am up again now. I have recommended the Vegetable Compound to my friends and give you permission to use my letter." — Mrs. ELLEN A. IRVING, 22 Rodney St., West St. John, N. B.

There are many women who find their household duties almost unbearable owing to some weakness or derangement. The trouble may be slight, yet cause such annoying symptoms as dragging pains, weakness and run-down feeling. Lydia E. Pinkham's Vegetable Compound is a splendid medicine for such conditions. It has in many cases relieved those symptoms by removing the cause of them. Mrs. Ritchie's experience is but one of many.

You might be interested in reading Mrs. Pinkham's Private Text-Book upon the "Ailments of Women." You can get a copy free by writing the Lydia E. Pinkham Medicine Co., Copley, Ontario.

### Allen Theatres Placed On Sale

G. T. Clarkson, liquidator of the Allen Theatres, is preparing to advertise the assets of the company for sale. The liabilities to be met approximate \$1,250,000. Of the thirty-six theatres scattered through Canada, a number are located in Toronto. It is stated that the sale will not affect the present operation of the theatres.

### Be Safe

Don't wait for someone to be in pain to get Kendall's Spavin Treatment in the house. For all external hurts and pains — for all muscular troubles. Kendall's Spavin Treatment makes good.

### KENDALL'S SPAVIN TREATMENT

### Do You Know?

That you can buy more Protection here, with the same money, than elsewhere.

EXAMPLE: 20 Payment Life—Age 25 Premium 22.70—Amount 1000 Cash surrender Value end of 20 yrs. 458. More than you pay in.

AGAIN! Pay same premium of other companies. \$30.65 and you get \$1350 insurance. Cash surrender value \$618.

RESULT! 35% More Insurance Approx. 20% more Cash.

GUARANTEED W. E. RUSSELL, Newcastle, N. B.

### Furnaces, Stoves, Ranges

This is the season of the year that the above LINES are in demand. I can furnish you with any or all of your REQUIREMENTS.

HEATING STOVES—of most all kinds made. RANGES—the finest Ranges made in both Camp and Kitchen Styles. FURNACES—of any kind, with or without pipes.

Hot Water Heating and Plumbing a Specialty I will be pleased to have you call and inspect our stock. Prices and information cheerfully given.

STOVES RANGES PLUMBING B. F. MALTBY Newcastle, N. B. Phone 121

### SNOW KNOWLEDGE

Snow is at once a great friend, and an enemy. In the towns a heavy fall of snow does much damage. Roofs, gutters, cornices, and the like, cave in and crash. There is also the great cost of clearing it up.

But in the country snow is a necessity. A snowless winter diminishes to a surprising extent the yield of the next year's crops. This is because snow nourishes the soil with its content of carbonic acid. Plants and seeds, too, which would not survive a spell of hard frost, are quite safe when covered with snow, for there is but one thing that is warmer, and that is wool. It is the air contained in the fallen snow which makes it warm.

Snow is white because it is formed of an infinite number of very minute crystals and prisms, which reflect all the component rays of which white light consists.

### Constructing A Hotbed

Garden crops such as tomatoes, cabbage, lettuce and celery, can be grown advanced in the spring by the use of hotbeds. On the farm the making of such a bed is a simple matter because of the presence of manure of a suitable kind. Whereas the greenhouse has to depend on steam heating for the necessary warmth, the heat for a hotbed is secured from that arising from fresh manure. The hotbed may be placed on top of the ground or in an excavation. Whichever plan is decided upon, the site chosen should drain so as not to permit water to stand. If the below-ground plan is adopted, the soil should be taken out to a depth of about 18 inches and for about three feet wider than the frame, so that there may be room for banking up outside the frame. The banking is very important as it conserves the heat. Horse manure is the best. It should be turned once or twice, and should be quite hot and ready for use in five or six days.

To provide for the shedding of rain, the back of the frame should be six inches higher than the front.

When building the bed, the manure should be shaken so that the long and short particles are well mixed. Tramp well as each layer is added, until a depth of two and a half feet is secured. The frame is then put in position and five or six inches more manure is shaken in. Good garden soil to the depth of six inches should now be placed over the manure, and the sash put on. In five or six days the hotbed will be ready for the seed. A thermometer should be used and the temperature of the soil should not exceed 80 degrees. The seeding should be done in rows about four inches apart as it would in the open ground later in the season.

### IMPOSSIBLE TO GET RELIEF

Until She Started To Take "Fruit-a-lives"

The Medicine Made From Fruit

R.R. No. 1, Everett, Ont.

"I had been troubled for years with Dyspepsia, Liver and Kidney Trouble, and could not get relief until I started taking 'Fruit-a-lives'. Thanks to their beneficial action, I am in normal health again."

Mrs. THOMAS EVANS "Fruit-a-lives" alone can give such happy and successful results because "Fruit-a-lives" is the famous medicine made from fruit juices and tonics. "Fruit-a-lives" is pleasant to take and will always restore the health when taken regularly as directed. 50c. a box, 6 for \$2.50, trial size 25c. At dealers or from Fruit-a-lives Limited, Ottawa, Ont.

### WHO MAKES THE PROPOSAL?

According to Smoking Room Authority, it is the Woman Who Generally Suggests Marriage.

The contented smile of the after-dinner group around the smoking room fire was disturbed by the noisy dropping of a magazine.

"A silly love story, all sentimental speeches," explained the reader. "Seems very unreal to me. But I suppose I can't judge of these things. No man knows, for instance, how another proposes."

"Men never do propose," growled the misogynist sprawling in the remotest of the armchairs. "Ninety-nine women out of a hundred take the proposal for granted, and I'm ready to bet that not one of you proposed to your wife."

There was a brief silence as each man musingly turned the dim pages of his memory. Then one man laughed and said: "Now, when I think of it you are quite right in my case. I didn't propose to Alice. She was one of a large, lively family, and all the brothers and sisters were my friends. Gradually it happened that Alice was my partner at golf or tennis more often than any of her sisters. When I announced that I had been made junior partner in my firm, Alice's mother kissed me and said: 'I'm so glad, Tom. Now you and Alice can be married at last.' So we were—and a jolly good thing it was for me."

"When you think of my quiet little wife," said Brown, the boisterous, masterful one of the group, "you might imagine that I clubbed her into submission; but, as a matter of fact, she married me. We had known one another from childhood, and one day when she saw me she said, 'You have a button off your coat and you are going to have influenza. I'd better marry you when you get well again just to keep you in order.' That's all the proposing that took place in our case. But what about Grayson there? A man who earns his living by writing short stories must surely have said something poetic when he proposed."

"I didn't," said Grayson, as he recalled his help. "I was helping Kitty to distribute favors at her sister's wedding. I suppose we'll have to go through this horrible fuss some day," he groaned. "Yes, I suppose we shall," she said."—Continental Edition of the London Mail.

Pittsburgh Touches France. War orphans and other needy children of France are made self-supporting and at the same time restored to health at the Pittsburgh Farm school at Fontaineaux, France. The school was distributed through the donation of \$42,000 by the public school children of Pittsburgh. A three-year course in agriculture is offered. The Pittsburgh Junior Red Cross has appropriated \$15,000 to aid in the erection of dormitories housing 60 children of this school. Fifteen other agricultural schools in France have received contributions from the Junior American Red Cross, most of the money being devoted to improvement of the living quarters of the students. These schools are materially supported by the French government, and teach scientific farming and common-school branches to boys of twelve to seventeen years, who would otherwise have to enter workshops and factories.

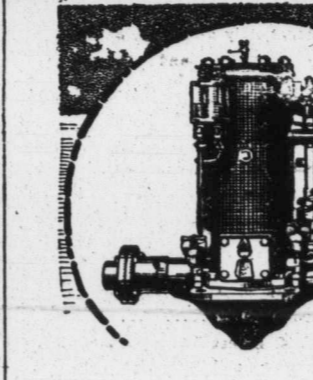
Holland's Electrical Development. Reports from Holland show that electrical development is progressing rapidly there, including plans for electrifying the entire railway system of the country. While this project has not been definitely decided upon, a commission, appointed to study electrification in the United States and other countries, has reported favorably, recommending a system operated by a 1,200-volt direct current. The province of Zealand, hitherto being general electric service, is to be supplied by a concern financed jointly by the municipalities and the provincial government. The commission estimates that the cost of similar service for the whole country would be approximately \$2,250,000, of which \$400,000 has already been subscribed. The plan is for a gradual extension of existing service.—Popular Mechanics Magazine.

### THE ALL-RAIL ROUTE

Toronto people may be shocked or grieved to find the Board of Trade of Cochrane and a newspaper in that town expressing a preference for Moncton, N. B., as the headquarters of the Ontario section of the Transcontinental Railway. "Anywhere but Toronto" seems to be the slogan and we wonder what we have done to arouse this prejudice not only in other provinces but our own, and to make an Ontario community fly for relief even to far-away New Brunswick.

But there may be a reason for the Cochrane protest which need not cut us to the heart. Toronto was the headquarters of the Canadian Northern Railway, whose chiefs would be naturally eager to turn as much traffic in this direction as possible rather than let it go by the main line of the Transcontinental Railway. But the conditions have changed. The Transcontinental and the Canadian Northern are no longer rivals, but parts of one system, and those who are in charge of the Toronto headquarters will be bound to look to the interests of the whole system. The

### "BUY AT HOME"



### Special Equipment for Lobster Packers

The celebrated "M" Marine Engines in all standard sizes. STATIONARY ENGINES Type "Z" Battery-equipped 1 1/2 h.p. Specially built for driving Sealing Machines. LOBSTER TRAP HAULERS A special outfit equipped with the "Z" Engine at a reduced price of \$100 L.S.B. St. John. LOBSTER SCALES Agate bearings throughout. Extremely sensitive, heavily galvanized. The Standard of Fisheries Inspectors. Plain and Galvanized Platform Scales. Motor Boat Supplies and Columbia Dry Batteries, etc.

The Canadian Fairbanks-Morse Co. Limited 75 Prince William Street, St. John, N.B.

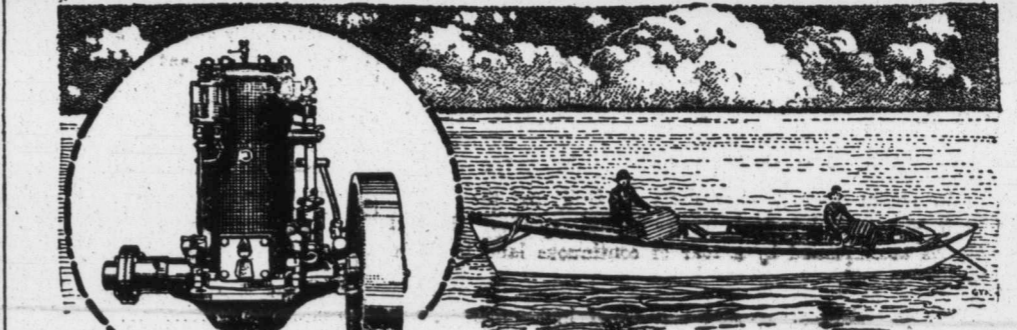
### "I Can Now Do My Work Without Feeling Tired"

Mrs. A. Moffat, Roxton Falls, Que., writes: "I suffered from a run-down system and nervous debility. I could not sleep or rest at night, and felt so weak I could not walk any distance. I took several tonics, but they only helped me while I was taking them. Mother advised me to take Dr. Chase's Nerve Food, and I felt great benefit from the first box, and continued taking several boxes. Today I feel like a new woman, and am able to do my work without that dreadful tired feeling."

### DR. CHASE'S NERVE FOOD

50 Cents a box, all dealers, or Edmanco, Bates & Co., Ltd., Toronto

inclusion of a large part of the Transcontinental in the Toronto district will make it imperative that the advantages of that line shall be fairly considered. The grain hauled by lake and rail will, of course, take the more southerly route. In regard to the all-rail route the Transcontinental line has the advantage of being the shorter and more direct way to Montreal, Quebec and the Maritime ports. The main consideration is not who shall have the profit of handling the grain, but which is the best and cheapest line. The Canadian Northern and the Transcontinental are to be linked by a very short piece of railway a little east of Lake Nipigon, and this will make it easier to make a choice of route. The possibilities of the all-rail route to the sea should be thoroughly examined, and we do not expect that Toronto will stand in the way of doing that which is best for the Western shipper and the National Railways as a whole—Toronto Globe.



### The Fishermen's friend

It is truly a "friend in need, a friend indeed" to fisherfolk, who appreciate the utter dependability of this sturdy, time-tested FAIRBANKS-MORSE "M" Marine Engine. Designed specially for North Atlantic conditions. Equipped with New Style Igniters with unbreakable drop rods. It's QUICK-STARTING, simplicity and economy are well-known from the Labrador to Yarmouth. We have sizes for every boat in stock—and every engine is tested and guaranteed ready to run perfectly. Complete stock of spare parts at lowest prices.

The Canadian Fairbanks-Morse Co. Limited 75 Prince William Street, St. John, N.B.

### One Third of Your Life is Spent in Bed— So Spend it Comfortably

We have just received a Carload of

### The Celebrated Simmons' Guaranteed Bedding

"Built for Sleep"

Steel Beds, in different designs, finished in Walnut, Mahogany and White Enamel. Coil, Cable and Woven Wire Springs. All-Felt and Mixed Mattresses, all absolutely Guaranteed. A Bed Outfit to Suit Every Purse.

### Lounsbury Co., Ltd.

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