



Too Little Exercise

THE necessity of using medicine to regulate the action of the liver, kidneys and bowels is largely due to the changed conditions of life during recent years.

Our fathers lived a life of activity in the open air. If they ate heartily they had sufficient exercise to keep the liver and bowels active and to thereby remove the poisonous waste from the body.

To-day we get too little exercise and too little fresh air. The food we eat is more concentrated and artificial. The result is much discomfort and the development of serious disease from constipation of the bowels and torpid condition of the liver. Kidney disease, rheumatism, lumbago, backache—all have their begin-

ning in the inactivity of the liver and bowels.

The great secret of keeping in health is to look to the regularity of these filtering and eliminating organs, and Dr. Chase's Kidney-Liver Pills is the most satisfactory medicine obtainable for this purpose.

If you read the reports appearing in this paper, from time to time, from persons who have used this treatment with good results, you will find that Dr. Chase's Kidney-Liver Pills are effective where ordinary medicines fail. This success is due to their combined action on the liver, kidneys and bowels. One pill a dose at bedtime as often as is necessary to keep the bowels in healthful action, will also ensure the regularity of the liver and kidneys and thereby keep the blood pure and the system free from the accumulating poisons which cause disease and suffering.

Dr. Chase's Kidney-Liver Pills

One pill a dose, 25 cents a box, all dealers or Edmondson Bates & Co., Ltd., Toronto. Do not be talked into accepting a substitute. Imitations only disappoint.

LIEUT. MORLEY KENT KILLED
Definite word of the death of Lieut. Morley Kent, while in action at the front, has been received by his father, Mr. W. J. Kent, of Bath-

urst, and the wide circle of friends which Mr. Kent possesses will sympathize with him in the early close of the life of so bright and promising a young man. Lieut. Kent was

only 21 years of age and previous to entering the aviation service in the present war engaged in the office of W. J. Kent and Co. Bathurst. N. 3



The Best Insurance You Can Put on Your Buildings

is the protection that good paint guarantees. Fire Insurance does not prevent fire—it only partly reimburses you for loss sustained, should fire destroy your property.

Fire may never happen.

On the other hand, the use of good paint actually prevents a loss from decay which is not just a possibility, but an absolute certainty. The destructive effects of weather, upon buildings that lack proper paint protection, go on every second of the day and night.

MARTIN-SENOUR "100% PURE" PAINT

is the greatest known protector of all building material against time and weather, because it is made only of pure White Lead, Pure Zinc Oxide, and Pure Linseed Oil.

You would not think of letting your Fire Insurance Policies lapse in order to save the yearly premiums. It would be even poorer economy to let your Paint Protection Policy lapse by neglecting to repaint your increasingly valuable buildings this season.

When you do paint use Martin Senour "100% Pure" Paint. It spreads easier, covers more surface, and protects longer than most other makes.

Ask for copies of "Farmer's Color Set" and "Town and Country Homes". Many good painting hints in each.

STETHART MERCANTILE CO., NEWCASTLE.

LOCAL HAPPENINGS

FARMERS GO TO OTTAWA
The N. B. Farmers and Dairy-women Association in Fredericton today sent a delegation to Ottawa to ask exemption for all efficient farmers, farm laborers and cheese and butter makers until fall.

WRECK AT KENT JCT.
Nine freight cars left the rails at Kent Junction Thursday afternoon and blocked the road eight hours. Considerable damage was done, but no person injured.

HOME FROM THE FRONT
Andrew Flett, who was wounded at Vimy Ridge nearly a year ago and has been undergoing treatment in English hospitals, arrived on this side safely recently. Another brother, L. Medley Flett, is still in France. These sturdy soldier boys who have done and are doing their bit for the great cause are sons of Mr. and Mrs. George Flett, of Derby Junction. Their many friends will rejoice with them in the safe return of their elder boy.

DON GRIMMER A LIEUT. NOW
The many friends of Don S. Grimmer will be pleased to hear of his promotion. His parents, Justice and Mrs. W. C. H. Grimmer of St. Stephen received a telegram Thursday announcing that their soldier son who has been in France for a year and a half with the mechanical transport, has been granted a commission, and is now in England preparatory to taking up his new duties.

N.B. FREEMASONS HAVE SUCCESSFUL YEAR
The N. B. Free Masons met in annual Grand Lodge in St. John last week. Thirty-seven of the 39 Lodges reported an increase of 78 members. Total membership 27th Dec. 1917, was 3,898. Among the officers elected were: D. C. Clarke, G. M.; Herbert MacDonald, Dist. Dep. G. M. for the North Shore Counties; J. Twining Hart, G. Sec.; Mayor John H. Troy, Newcastle, Grand Steward; Ald. P. M. Tweedie, Chatham, Grand Royal Arch Captain.

DEATH AT DOAKTOWN
The death of Herbert Arbo, a former resident of Blissett, but late of Boston, Mass., occurred at the home of his brother, Justus Arbo, Doaktown on Tuesday of last week. Deceased leaves a widow and one son Clarence, of Boston. The funeral took place on Thursday last. Interment in the family lot at Upper Blackville. Services were conducted at the house and grave by Rev. Mr. Stackhouse, Moncton; Rev. Mr. Kinsade, of Doaktown; Rev. Mr. Kochel, Upper Blackville.

FAILED TO HAVE PAPERS
A young farmer in the vicinity of Doaktown had a disagreeable experience Saturday. He drove from his farm to a flag station, tied his team of spirited horses in the barn, and boarded the train for Doaktown to purchase seed. On the train was a Dominion policeman, who wished to see his papers that gave him freedom to roam at large. The young farmer had neglected to fortify himself with the papers and was brought along to this city. After he arrived here he was able, by use of a telephone, to convince the police that he was married, and he was permitted to leave for his home, happy but wiser, Monday's Clearer.

A DELICATE OPERATION
Pte. Walter Burke, of Chatham has been successfully operated on by Dr. Richardson of the Royal Victoria Hospital, Montreal, and his chances for a complete recovery are now excellent. Pte. Burke was wounded in the head by a sharpnel and a piece of the cranium was actually cut out so that the cerebellum was exposed. This made a dreadful wound and placed the patient in danger every minute of a fatal injury. By means of a very delicate grafting from the hip, the surgeon has made a covering for the cranium and it is hoped that it is only a matter of time before a practically complete recovery will be made by this young veteran.

Childhood Constipation

Constipation is one of the most common ailments of little ones and unless relieved may become chronic and baby's health for all time become impaired. Nothing can equal Baby's Own Tablets in regulating the bowels. They are a mild safe laxative, easy to administer and never fail to be effective. Concerning them Mrs. Emilio LaChapelle, Terrebonne, Que., writes:—"I have used Baby's Own Tablets for my baby who was badly constipated and they quickly relieved him. All mothers should keep a box of these Tablets in the house." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of *Chas. H. Fletcher* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

In Use For Over 30 Years

The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

Palmer's Summer Packs

are sometimes called plough shoes or harvest shoes because they are especially designed for wear in the ploughing and harvesting seasons. You will not be troubled with tired, aching feet after doing a hard day's work in Palmer's Summer Packs, because they are light in weight, durable, roomy, comfortable and waterproof. Ask your dealer for a pair of these "Moose Head Brand" shown above is stamped on every pair. **JOHN PALMER CO., LTD. FREDERICTON, N.B., CANADA.**

WRIGLEYS

Keep WRIGLEY'S in mind as the longest-lasting confection you can buy. Send it to the boys at the front.

War Time Economy in Sweetmeats—

a 5-cent package of WRIGLEY'S will give you several days' enjoyment: it's an investment in benefit as well as pleasure, for it helps teeth, breath, appetite, digestion.

CHew IT AFTER EVERY MEAL

The Flavour Lasts

Sealed tight—Kept right

MADE IN CANADA