

Hard To Realize She's Same Woman

Mrs. McClanahan Brimful Of
New Life And Energy
Since Taking Tanlac

"I have not only gotten rid of a severe stomach trouble of nine years standing since I started taking Tanlac, but have gained ten pounds in weight and am still gaining," said Mrs. D. McClanahan, Green Bay, B. C. recently.

"Before I started taking Tanlac," Mrs. McClanahan continued, "I was so weak I could hardly get about and my appetite was so poor I had no relish for any kind of food and just had to force down every mouthful. When I did manage to eat a little something it began to ferment almost at once, I would have intense cramping pains in the pit of my stomach, and gas would form and press against my heart until it palpitated dreadfully. I suffered with such severe headaches nearly all the time they almost made me desperate, and at times I became so dizzy it was all I could do to stand on my feet. Then, too, I was extremely nervous so the least little noise would completely upset me. Why, I could not even stand the rustling of a newspaper and it was just impossible for me to get a good night's sleep, as I would toss about all night long, and I always felt worse on getting up than when I went to bed. I was also troubled a great deal with constipation and had to always be taking some sort of laxative.

"But things are altogether different now, for since taking Tanlac I am completely rid of all my troubles. My appetite is simply wonderful and I can hardly eat enough to satisfy myself. I eat just anything I want without suffering any bad after effects whatever. I am never troubled with pains, gas or palpitation of the heart and have not had a headache or dizzy spell since I began taking Tanlac. My nerves are in such good condition I can sleep all night long as peacefully as a child and always get up feeling greatly refreshed. I am not troubled with constipation any more and have regained my strength to such an extent, and feel so good and am so full of life I can hardly realize I am the same woman. My husband, whose stomach was in every bit as bad condition as mine was, has gotten the same results from Tanlac that I have, and we both recommend it every chance we have."

Tanlac is sold in Newcastle by E. J. Morris, in Redbank by Wm. M. Sullivan and in Oaktown by O. Hildebrand.

Conserving Moisture In Orchard And Garden

There are some parts of Canada where the rainfall is so light that it is impossible to grow crops successfully without irrigation, whereas at the other extreme there are districts where the rainfall is so heavy that it is impossible to grow many kinds of crops because it is too wet; but in most places in Canada, while there is usually enough rainfall to grow a great variety of fruits and vegetables successfully, unless the moisture is prevented from evaporating from the soil the fruits and vegetables will suffer badly in some seasons.

In orchards, if there is a lack of moisture just after blooming, the set of fruit will be materially reduced as there will be heavy dropping, hence the importance of beginning cultivation as early as possible, and at this season of the year when there may be a severe drought, cultivation should be very thorough, the surface soil being kept loose by frequent stirring, and thus preventing to a large extent the evaporation of moisture. If moisture is conserved in the early part of the season it will be available for the crop when it is nearing maturity as, unless there is abundance of moisture at that time, the fruit will be small and the market value very much reduced. Hence, during the month of June much attention should be given to cultivation, as late in the month or at the beginning of July it will be necessary to stop cultivation in some places in order that seed for a cover crop be sown. In some parts it is necessary to cultivate until near the middle of July insure sufficient moisture for the full development of the apple crop.

There are districts in Canada where the rainfall is so light that if the orchards are in sod there will not be enough moisture for the trees, and there are soils in districts where there is a moderate rainfall where there will not be enough moisture if the orchards are in sod.

The thorough cultivation of vegetables is even more important than for fruits. The root system of some vegetables is very shallow, and the plants will soon be affected unless the ground is kept cultivated. After each rain the surface soil should be loosened so as to conserve the moisture and let the air into the ground. Some vegetables, such as celery, require more moisture than others, and these are likely to suffer badly in a dry time. In districts where the rainfall is light and there are usually poor results in the average vegetable garden, very fine crops of vegetables are obtained by good gardeners who keep the surface soil loose practically all the time.

SAVED FROM LIFELONG MISERY

And a Dangerous Operation, by
Taking "FRUIT-A-TIVES"



MRS. M. J. GORSE
8928 Union St., Vancouver, B.C.
"I suffered with all the symptoms of Female Trouble, with chronic Constipation and constant Headaches. I had pains low down in the back and sides of the body. I tried various remedies without relief, and then put myself under a doctor's care and he advised me to have an operation. I refused.

Then, I started taking 'Fruit-a-tives'; and from the outset, I felt better, and this medicine has completely relieved me of all my misery and suffering. My weight was only 143 pounds and now it is 168 pounds. I am free of pain and headaches and the terrible Constipation; and what saved me from misery is the splendid fruit medicine, 'Fruit-a-tives'."

MRS. M. J. GORSE.
50c. a box, 6 for \$2.50, trial size 25c.
At all dealers or sent postpaid by Fruit-a-tives Limited Ottawa, Ont.

York. "Those whose business it is to give moving pictures to the public can no longer presuppose that they are dealing with children easily pacified," he stated. "They cannot say 'We give them a good picture—that is enough. The music is of no importance; as long as there is sound.' You say our audiences are composed mainly, of middle class people, foreigners, shop girls—a foreign shrug of the shoulders conveyed the breadth of those audiences—and that they do not know good music from bad or at least do not know it positively enough to demand the good. Ah! but that is where you are wrong.

"Frequently after I have spent hours over my programs, hours drilling my orchestra in tone shadings and in proper rhythms, after I have speculated and experimented with lighting effects—proof—I go to my stand and before I have directed past a third of the first page, I feel an indefinable something that means unpleasant reaction on the part of my public. They have been offended somehow by the music I selected, or disappointed. Perhaps I have made it too gay, too sad—how can I know—but that they are hostile to it I know quickly enough. I must work to change it.

"There is progress in everything. Progress in art, in letters, in music even in labor. We must keep abreast of the times. The public is no longer content to drift into some little, stilly darkened, close theatre to see a badly done picture, thrown jerkily on to a screen, one that is, perhaps, torn—it demands the satisfaction of its subtler senses. Its sense of beauty must be met, under stood, satisfied. It must feel that it is receiving something good, not something merely haphazard.

"I believe we have in New York the nucleus of a great work. We spend—oh, close to \$7,000 a week for our music in the two theatres, the Rivoli and the Rialto. You didn't realize that, did you? And we have not stopped. Now I am having a chorus trained, to work with my orchestra. The public is, but childish. The more one gives it, the more it wants. It is growing restless with the weekly cycle of solos, or an instrument now and then, it grows weary of my gondola, or my sundial and garden. With my chorus as I may now build—perhaps a cloister—who knows—and there will be temple music—there must be a change or my public will be bored."

New Canadian Cent And Slot Machines

People Pleased With New Issue
of Coin, But it Means Great
Expenditure in Change of
Slot Machines.

The new Canadian cent has made its appearance on the street, having been put into circulation in St. John last Thursday, and there has been no little demand for the new coin. Many people claim to have the first new coin that was issued here, while many others are sending the coins away to friends in the United States and the Old Country as souvenirs. The size of the coin, which is very little larger than the Canadian ten-cent piece, is felt to be much handier than the old coin, which was considered cumbersome, but one thing that it will have a bad effect on is the many thousands of slot machines throughout Canada which have been manufactured to handle the large coin. Gum, candy, weighing and many other sorts of slot machines will eventually have to be changed so that the new coin can be used, and this will mean an expenditure of a very large sum of money. This, however, is not looked on as a great hardship, as the greater majority of slot machines are good money-making devices and will soon pay for the cost of a change.

Judge Wilson May Soon Retire

Rumor has it that an appointment is soon to be made to the judgeship of the York Sunbury and Queens County Courts. It is said the present Judge, Hon. William Wilson will soon have reached the age of 75 years when the Statutes say a judge should step down and live in peace and happiness on the full salary enjoyed while in active service.

Many prominent names are mentioned from which to pick a successor to Judge Wilson when he retires. Among them are Col. McLeod, M. P. A. R. Slipp, K. C.; C. D. Richard, R. W. McLellan and H. G. Fenety, all of Fredericton.

Tax Collection Method Changed

As collection of luxury taxes under the present method is proving difficult, cumbersome and costly, it has been decided to abandon the whole procedure in favor of collection by means of revenue stamps. These revenue stamps will be ready by July 1, and as soon as they are available for purchase by merchants the sending of duplicates of every sales receipt covering goods which are taxable will cease. That will be a great relief to merchants throughout the country and it will be a great relief as well to George W. Taylor, assistant deputy minister of customs and inland revenue, as he will not have to provide the tremendous personnel which would otherwise have been necessary to deal with collections and accompanying vouchers.

Weekly Agricultural Report

Seedling is reported to be practically completed in all parts of the Province, with the exception of the buckwheat and turnip crop. Weather conditions have been very favorable for putting the crop in and recent rains have given all crops a good start. The pastures have been slow in starting, owing to the cool, dry weather during May. For the same reason the hay crop has been held back and has not the growth that it often has at this time of the year. Provided that there is good growing weather during the next month, there may still be a fair crop. There is likely to be a considerable shortage of hay in some of the provinces this year. Ontario reports a crop away below the average while the same is true of some parts of Quebec.

Livestock is reported to be rapidly improving in condition since going on grass. The spring has been very favorable for raising lambs and reports indicate that there will be a large percentage raised with few losses. The largest quantity of wool ever assembled at one point in New Brunswick is now being graded at the Exhibition Buildings, Fredericton. There is still a considerable quantity of wool in the stock market in New Brunswick and sheep breeders are assured of the full market price when marketing cooperatively through this organization.

State of Ohio, City of Toledo,
Lucas County, ss.

Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of Catarrh that cannot be cured by the use of HALL'S CATARRH MEDICINE.

FRANK J. CHENEY
Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1896. A. W. GLEASON
(Seal) Notary Public
Hall's Catarrh Medicine is taken internally and acts through the Blood on the Mucous Surfaces of the System. Send for testimonials, free.
F. J. CHENEY & CO., Toledo, O.
Sold by all Druggists, 75c.
Hall's Family Pills for constipation

Will Movies Use Choral Singing to Supplement Their Orchestra?

Those responsible for the music at the movies have made wonderful strides in improving the musical programs. So much in fact that many people have been attending as much for the music as for the films. Recent developments make one wonder if choral singing at the moving picture theatres will not be utilized quite generally in the larger cities to supplement the work of the orchestra. This supposition arises from an interview recently given out by Hugo Riesenfeld, who has done so much for the improvement of moving picture music in New

Health and Happiness



Women of today seem to listen to every call of duty except the supreme one that tells them to guard their health. Home duties, church duties, war activities, and the hundred and one calls for charitable enterprises soon lead women to overdo. Nervousness, headaches, backaches and female troubles are the inevitable result.

Philadelphia, Pa.—"I was very weak, always tired, my back ached, and I felt sickly most of the time. I went to a doctor and he said I had nervous indigestion, which, added to my weak condition, kept me worrying most of the time—and he said if I could not stop that, I could not get well. I heard so much about Lydia E. Pinkham's Vegetable Compound my husband wanted me to try it. I took it for a week and felt a little better. I kept it up for three months, and I feel fine and can eat anything now without distress or nervousness. Health and happiness? Yes, I have both now."—Mrs. J. WORTHMAN, 2843 North Taylor Street, Philadelphia, Pa.

The majority of women nowadays overdo, there are so many demands upon their time and strength; the result is invariably a weakened, run-down nervous condition with headaches, backache, irritability and depression—and soon more serious ailments develop. Avoid them by taking in time

Lydia E. Pinkham's Vegetable Compound

KEEP YOUR SHOES NEAT



2 IN 1 WHITE SHOE DRESSING

THE BIG VALUE
PACKAGES