Make a little meat go a long way.

Even a small quantity of meat goes far and becomes most nourishing and satisfying, if combined with BOVRIL. 24

POLES IN CHARGE OF POSEN, CAPITAL OF GERMAN POLAND

Three-fifths of the Population of Posen Are Polish and the Rest Are Germans Who Were Settled There by the Prussian Government 100 or More Years Ago.

Basel, ov. 16— (Havas)—Polish officers from Warsaw have taken possession of the Government at Posen, capital of German Poland. They arrived there in an automobile and the power was surrendered to them. Polish troops are expected to enter Posen soon, according to the Berliner Tageblatt, which asks the German Government to take protective measures.

German Poland, or Posen as the Germans call it, is the westernmost part of the old kingdom of Poland and has an area of 11,184 square miles. Posen, the capital of the province, is on the River Warthe, and is strongly fortified.

It was reported earlier in the week through Constantinople that Polish troops have entered Upper Silesia, which borders Posen on the south. On the west Posen is bounded by Brandenburg, on the east by Russian Poland and on the north by West Prussia. The country is agricultural and the land is owned mostly by German junkers.

Three fifths of the population of Posen is Polish. The rest are Germans who were settled there by the Prussian Government since the final partition of the old kingdom of Poland one hundred or more years ago.

What are Peps

Peps are the new treatment for coughs, colds and lung troubles. They are little tablets made up from Pine extracts and medicinal essences. When put into the mouth these medicinal ingredients turn into healing vapors, which are breathed down direct to the lungs, throat and bronchial tubes. The Peps treatment is direct. Swallowing cough mixtures into the stomach, to cure ailments and disorders in throat and lungs, is indirect. Peps are revolutionizing the treatment of colds and their price is within the reach of all. All dealers, 50c. box. Send 1c. stamp for FREE TRIAL PACKAGE.

RETIRING GERMANS ARE CARRYING OFF MUCH PROPERTY

With the American Forces in France, Nov. 16—(5 p.m. by the Associated Press)—Great quantities of civilian property are being carried away by the retiring Germans, according to Lieutenant D. C. Bebe, of the Fiftieth Aero Squadron, who returned to the American front today after being prisoners in the hands of the Germans for ten days. The aviators were shot down November 4 in the region of Tannay, east of Rethel and were released by the Germans on Thursday.

LIEUT. A. BELLIVEAU AT BADEN, GERMANY.

Fredericton, Nov. 15—A letter from Lieut. Alfred Belliveau, son of Prof. A. Belliveau, states that at the prison camp in Baden, Germany, where he is the Red Cross was doing all it possibly could for the prisoners. and

PRISONERS OF WAR TO RETURN HOME WITHOUT DELAY

London, Nov. 16—(Saturday)—Prisoners of war held by the Germans will be granted opportunities for returning to their homes without delay, according to a German wireless message picked up here.

"The government is sensible of the hard life of prisoners in Germany and enemy countries and expects that everywhere they will be treated as humanely as possible," continued the message. "It will take energetic measures if excesses against them are committed by subordinate authorities or private persons.

"Nevertheless it requests prisoners, in their own interest, to continue to to carry on their work until a determined period. A return in large numbers, without regard to a concerted plan for their being sent home, must result in the greatest prejudice to themselves and the whole population."

GERMANS LEAVING FINLAND BEFORE BRITISH ARRIVE

London, Nov. 17—General Von Der Goltz, the German commander in Finland, has informed the Finnish government, says a Copenhagen despatch to the Exchange Telegraph Company, that German troops are being withdrawn from Finland in order to avoid conflict with British forces which are expected there soon.

The despatch adds that General Mannerheim, commander of the Finnish Government forces, will be governor of Finland, and that a coalition government will be in power.

LARGE NUMBER OF SHIPS SUNK BY GERMAN CREWS

During the Revolution, Many Ships Demanded by Allies Under Naval Terms, Were Destroyed.

Copenhagen, Nov. 16—A large number of ships demanded by the Allies under the naval terms of the armistice were sunk by their German crews during the revolution, according to Germania of Berlin.

Clause 30 of the armistice provides that all merchant vessels in German hands belonging to the Allied and associated powers are to be restored in ports to be specified by the Allies and the United States.

GERMANS DESTROYING PROPERTY AT BRUSSELS

Entry of the Belgian King and Queen Postponed.

London, Saturday, Nov. 16— Confirmation has been received here that Germans are pillaging or destroying property in the suburbs of Brussels. Although the movement is in no sense revolutionary, it is regarded that Allied military steps will be necessary to enforce the armistice.

Advices received in London, to-day say that the entry of the Belgian King and Queen into Brussels has been postponed.

LETTER FROM POPE BENEDICT ON THE SITUATION IN EUROPE.

Rome, Nov. 15— Pope Benedict has written a letter to Cardinal Gasperri, th papal secretary of state, in which the pontiff says:

"We pray that the question between Austria and Italy will receive a solution confirming the just aspirations of the peoples."

The pontiff's letter continues:

"We have given instructions to the nuncio at Vienna to put himself in friendly relations with the nations of Austria-Hungary which are now being constituted into independent

WILSON PLEASED WITH SPEECH OF LLOYD GEORGE

London, Nov. 16—(British Wireless Service)—President Wilson has sent the following message to David Lloyd George, the British Prime Minister:

"May I express my sincere admiration of the admirable temper and purpose of your address of the twelfth, just reproduced in part in our papers. It is delightful to be made aware of such community of thought and counsel in approaching the high and difficult task now awaiting us."

The speech of Mr. Lloyd George referred to was the one he made last week in which the Prime Minister said there must be no vindictive peace, but a just peace. In his speech Mr. Lloyd George emphasized the added importance of a League of Nations and declared that victory should be an impetus to reform.

GERMAN REQUESTS REFERRED TO SUPREME WAR COUNCIL

Washington, Nov. 16—Secretary Lansing made public today the text of his reply to radio communications from the German Government seeking modifications in the terms of the armistice with Germany and Turkey. It announced that requests will be referred to the Allied Governments and the Supreme War Council and pointed out that such communications should be sent to all the associated governments instead of only to the President or Government of the United States and should come through established diplomatic channels instead of by wireless.

TWO MORE 132ND MEN MAKE THE SUPREME SACRIFICE

Newcastle, Nov. 15— Two more of the 132nd Battalion have made the supreme sacrifice in France, before the cessation of hostilities. Pte. Chas. Butler, son of Mr. and Mrs. David Butler, of Nordin, aged 18, leaving his parents and several brothers and sisters, and Pte. W. P. Tozer, son of Mr. and Mrs. Judson Tozer, of Nelson, aged 22, leaving his parents, and following brothers and sisters, Lorne, of Newcastle; Traven and Marshall, of Nelson; Guy, overseas; Mrs. Wm. McInnis, of Chelmsford, and the Misses Annie and Wilhelmina, at home.

GALLANT CONDUCT THAT WON QUEBEC OFFICER THE V. C.

Canadians Won Four of Fifteen Victoria Crosses Recently Awarded.

London, Nov. 16—(Canadian Press Despatch from Reuter's Limited)—In its issue of today the London Gazette records the awarding of fifteen new Victoria Crosses of which four went to Canadians. The splendid exploits of the latter are thus officially described.

A Victoria Cross was awarded to Lieutenant Charles Smith Rutherford, M. C., M.M., of a Quebec Regiment, for the most conspicuous bravery, initiative and devotion to duty. When in command of an assaulting party, Lieut. Rutherford found himself a considerable distance ahead of his men and at the same moment observed a fully armed and strong enemy party outside a pill-box ahead of him. He beckoned them with his revolver to come to him. In return they waved to him to come to them. He boldly did this and informed them they were his prisoners. An enemy officer disputed this fact and invited Lieutenant Rutherford to enter the pill-box, which invitation he discreetly declined. By a masterly bluff, however, he persuaded the enemy that they were surrounded and the whole party numbering forty-five including two officers and three machine-guns surrendered to him. Lieutenant Rutherford subsequently induced the enemy officer to stop the fire of a machine-gun close by. Lieut. Rutherford took advantage of this opportunity to hasten the advance of his men to this support. He then observed on the right an assaulting party that was held up by heavy machine gun fire from another pill-box. Indicating an objective to the remainder of his party he attacked the pill-box with a Lewis gun section and captured a further thirty-five prisoners with machine guns thus enabling the party to continue the advance. This officer's bold and gallant action contributed very materially to the capture of the main objective and was a wonderful inspiration to all ranks in pressing home the attack on a very strong position.

Dominion Express Money Orders are on sale at five thousand offices throughout Canada.

PREMIER LLOYD GEORGE AND BONAR LAW OPEN CAMPAIGN FOR COALITION GOVERNMENT

London, Nov. 16—(British Wireless Service)—Premier Lloyd George, Chancellor of the Exchequer Bonar Law, and George N. Barnes, member of the War Cabinet, the leaders of the coalition government, opened the general election campaign this morning by addressing a large and enthusiastic meeting in Central Hall, Westminster. The premier presided.

Mr. Lloyd George said the new parliament would be the most important ever elected in the history of the country. Continuing he said:

"The war has revealed the defects of the old system and we will be wise to take note of and remedy them. We cannot return to the old conditions.

"If parliament rises to the level of its great opportunities then the Empire and the Throne will be firmly established on the only solid basis—that of a contented and happy people.

"The old parliament has served its use and there is no time to lose as somebody must go to the peace conference with the authority of the people behind him. There is no use talking of blank checks. That is only talking blank nonsense.

"The question is: 'What body of men is going to settle the great problems of re-construction? Recruiting statistics have revealed the terrible conditions as regard the physical health of the nation. This is due, not to poverty but to neglect.

"The health of the people must be a special concern of the state. What we have done towards feeding ourselves in the past is like feeding a hungry giant with a teaspoon."

If the nation decided that a new government was to take the place of the coalition the premier said that he and his colleagues would promise it their unflagging support even to being hodsmen in the construction of the new edifice. In conclusion he said:

"Timidity is fatal to great action. Let us approach our task as men determined to lay the foundation of the new world on a sure basis."

Chancellor Bonar Law said if the election was delayed till next year the greater part of the session would be lost. He declared his party believed that the nation was whole heartedly behind the Prime Minister.

Policy Outlined

Premier Lloyd George has sent a letter to Chancellor of the Exchequer Bonar Law, leader of the Unionist Party, outlining his policy regarding the general election and the principal issues of the day.

The premier says he is convinced there should be a general election, his principal reason being that it is essential there should be a fresh parliament possessed of authority to deal with the difficult transitional period which will follow the cessation of hostilities.

Mr. Lloyd George considers it should be a coalition election, the constituents being invited to return candidates who will undertake to support the present government not only to prosecute the war to a final end and to negotiate peace but to deal with problems of re-construction.

The premier says he desires to see this carried through on personal grounds for during the last two years he has received the whole hearted support of the unionist party and the government has had unity both in aims and in action which has been remarkable in a coalition government.

Dealing with imperial preferences as defined in resolutions of the Imperial Conference to the effect that preference will be given on existing duties and on any duties which may subsequently be imposed, he said:

"On this subject I think there is no difference of opinion between us. I have at the same time stated that our policy does not include a tax on food but that does not, of course, interfere with the granting of preference on any articles of tea or coffee on which for our own purposes we have imposed a duty. One of the great objects which must be aimed at in the future is to maintain our improved agricultural position and for this purpose a great deal can be done in many directions including, for instance, an improvement and, indeed a complete change, of the transport situation. As regards other aspects of this problem I am prepared to say that the three industries on which the life of the nation depends must be preserved.

"I am prepared to say also that in order to keep up the present standard of production and develop it to the utmost extent possible, it is necessary that security should be given against unfair competition to which our industry has in the past been subjected by the selling of goods below the actual cost of production.

"We must face all these questions with new eyes without regard to pre-war speeches."

Will Not Coerce Ulster

Dealing with the Home Rule question, Premier Lloyd George said:

"I can support no settlement, which would impose a forcible coercion of Ulster. Eighteen months ago the Government made alternative proposals for a settlement of the Irish problem. It offered either to bring Home Rule into immediate effect, while excluding the six northern counties of Ulster from its operations, but getting up at the same time a point council which would be empowered to extend legislation of an Irish parliament to Ulster, or to set up a convention of representative Irishmen to endeavor to find a setlement for themselves.

"The second alternative was adopted but unfortunately after nearly a year of earnest deliberations the convention found themselves unable to arrive at anything like an agreement. In these circumstances I claim the right to bring a settlement into effect based on the first of these alternatives. I recognize however that in the present condition of Ireland such an attempt could not succeed and that it must be postponed until the condition of Ireland makes it possible."

This Is Better Than Laxatives

One NR Tablet Each Night For A Week Will Prevent Your Constipation and Make Constant Dosing Unnecessary. Try it.

Poor digestion and assimilation mean a poorly nourished body and low vitality. Poor elimination means clogged bowels, fermentation, putrefaction and the formation of poisonous gases which are absorbed by the blood and carried through the body.

The result is weakness, headaches, dizziness, coated tongue, inactive liver, bilious attacks, loss of energy, nervousness, poor appetite, impoverished blood, sallow complexion, pimples, skin disease, and often times serious illness.

Ordinary laxatives, purges and cathartics—salts, oils, calomel and the like—may relieve for a few hours, but real, lasting benefit can only come through use of medicine that tones up and strengthens the digestive as well as the eliminative organs.

Get a 25c box of Nature's Remedy (NR Tablets) and take one tablet each night for a week. Relief will follow the very first dose, but a few days will elapse before you feel and realize the fullest benefit. When you get straightened out and feel just right again you need not take medicine every day—an occasional NR Tablet will then keep your system in good condition and you will always feel your best. Remember, keeping well is easier and cheaper than getting well.

Nature's Remedy (NR Tablets) are sold, guaranteed and recommended by your druggist.

BIG WHEAT CROP ON THE MIRAMICHI

Newcastle, Nov. 15— The wheat crop in this vicinity this year has been large.

Stothart's new flour mill here has for the last seven weeks averaged 800 bushels of wheat per week, lately 150 bushels per day. The mill has a capacity of 200 bushels of 40 barrels per day of 24 hours, and is being run 15 to 18 hours per day to accommodate the farmers. Forty-two teams visited the mill with grists one day this week.

Ex-Ald. Charles Reinsborrow, of Chatham, is building another flour mill at Chatham.

MIRAMICHI SOLDIER KILLED IN ACTION.

Newcastle, Nov. 16— Mrs. Clifford Payne, of Boom Road, has been notified of the death in action on the first instant of her son, Private Guy McLean of Boom Road. Deceased was about 22 years of age. He enlisted at Redbank in the 145th Battalion and was later transferred to the 132th. He was a fine young man for whom many mourn. He leaves his mother and several brothers and sisters.

TAKES OFF DANDRUFF, HAIR STOPS FALLING

Save your Hair! Get a small bottle of Danderine right now—Also stops itching scalp.

Thin, brittle, colorless and scraggy hair is mute evidence of a neglected scalp; of dandruff—that awful scurf.

There is nothing so destructive to the hair as dandruff. It robs the hair of its lustre, its strength and its very life, eventually producing a feverishness and itching of the scalp, which if not remedied causes the hair roots to shrink, loosen and die—then the hair falls out fast. A little Danderine tonight—now—any time—will surely save your hair.

Get a small bottle of Knowlton's Danderine from any drug store. You surely can have beautiful hair and lots of it if you will just try a little Danderine. Save your hair! Try it!

MUCH NEEDED EQUIPMENT AND ROLLING STOCK FOR THE C. N. R.

Toronto, Nov. 15—The Board of Directors of the Canadian Northern Railway held an all-day meeting at the head offices of the company in Toronto today when the question of securing much needed equipment and rolling stock was considered. Mr. D. B. Hanna, President of the Board, said at the close of the meeting that he had no statement to make. It is understood, however, that the Government road will have some large orders to place in the near future.

"We are not going to order any steel rails and rolling stock merely for the sake of keeping the steel industries and factories busy," said Mr. Hanna. "Nothing will be purchased unless it is absolutely necessary for the benefit of the road."

Hon. N. W. Rowell, in a recent speech, stated that it had been impossible for the railways to procure the steel rails needed because the steel was being used in the making of munitions, but it was expected that all the transportation companies would now anticipate their needs for the future and place their orders with the manufacturers, so that they could at once engage in productive work. He stated that the Government intended doing this with its own railway.

BRITAIN TO IMPORT APPLES FROM U.S. AND CANADA

London, Nov. 15—In the House of Commons today Food Controller Clynes announced that he is arranging for the import of apples from the United States and Canada soon and that he will control the price.

FLAVOR-FULL

Undoubtedly there are *degrees* of flavor. Take Fruit for instance—you select an orange, and on eating it you find it to be flavory, certainly, but sharp—acid; choose another, a trifle more matured fruit, and it is better, the flavor is mellowed and rounded—it is FLAVOR-FULL. Nature made a better job of the second orange. Exactly the same is true of Teas. Nature is not equally kind to all. It requires expert knowledge and continual care to select and combine FLAVOR-FULL Teas to produce the delicious cup obtained from *KING COLE Orange Pekoe*. If you love your cup of Tea, unusual pleasure awaits you in KING COLE Orange Pekoe.

KING COLE ORANGE PEKOE

Ask your Grocer for it by the full name—

King Cole Orange Pekoe

The Extra in Choice Tea

Sold in Sealed Packages Only.

Men's Fall and Winter Overcoats

Underwear in Fall and Winter weight

Men's and Boys' Suits

Hats and Caps for Men and Boys

Russell & Morrison

MEN'S AND BOYS' OUTFITTERS

PHONE 50

THE ROYAL BANK OF CANADA

INCORPORATED 1869.

LIABILITIES AND ASSETS

Capital Authorized	$ 25,0000,00
Capital Paid-up	12,911,700
Reserve Fund and Undivided Profits	14,564,000
Total Assets	335,000,000

HEAD OFFICE, MONTREAL

340 Branches in Canada and Newfoundland

37 Branches in the West Indies

LONDON, ENGLAND: Bank Bldgs., Princess St. E. C.

NEW YORK CITY: Cor. William and Cedar Sts.

BUSINESS ACCOUNTS CARRIED UPON FAVORABLE TERMS

SAVINGS DEPARTMENT AT ALL BRANCHES

SAFETY DEPOSIT BOXES

In the Bank's Steel Lined Vault, rented at from $5.00 per annum upwards. These boxes are most convenient and necessary for all possessing valuable papers such as Wills, Mortgages, Insurance Policies, Bonds, Stock Certificates, etc.

Newcastle, N. B., Branch — E. A. McCurdy, Manager

VON TIRPITZ FLED AT FIRST SIGN OF TROUBLE

Copenhagen, Nov. 17—Admiral Von Tirpitz, former Minister of the German Navy and the man who was chiefly responsible for Germany's intensive submarine campaign, fled to Switzerland immediately the revolution in Germany broke out, says the Frankfort Gazette.

A Quick Relief for Headache

A headache is frequently caused by badly digested food; the gases and acids resulting therefrom are absorbed by the blood which in turn irritates the nerves and causes painful symptoms called headache, neuralgia, sleeplessness, etc. 15 to 30 drops of Mother Seigel's Syrup will correct faulty digestion and afford relief.

The Board of Health Permits

SCHOOLS TO RE-OPEN

Monday, Nov. 18th

St. John has escaped very lightly compared with other places.

We have had a good long rest, and will welcome old and new students on the 18th, or as soon after that date as they can come.

The St. John Business College

S. KERR, Principal.

Following the removal of the ban against public gatherings by the Provincial Public Health Department, classes will be resumed at the

FREDERICTON BUSINESS COLLEGE

Fredericton, N. B.,

on

NOVEMBER 20, 1918.

We trust that all our old students will be able to return on that date. Information regarding our courses of study will be furnished on request.

Some men are born lucky and some men are lucky to have been born at all.