



The OXO Diet

Oxo provides, in a readily assimilated form, those valuable flesh-forming and accessory constituents of beef, which nourish the blood and tissues.

To this is due the wonderful power of Oxo to maintain health, and in illness to help the patient turn the corner, and to make a quick recovery.

FOR NURSING MOTHERS, children and invalids a diet of Oxo and milk is particularly valuable.

OXO AND MILK

This nourishing and easily digestible diet is created by mixing an Oxo Cube with a cupful of hot milk.

OXO INVALID JELLY

Dissolve 1 oz gelatine and 8 Oxo Cubes in a pint of boiling water. Add a wineglass of sherry, pour into a greased mould and stand in a cool place to set. When cold, turn out into a glass dish, and serve alone or with dry biscuits.

OXO

Don't get run down—take OXO

It Pays to Advertise

Use it in All Your Baking

PURITY FLOUR

"More Bread and Better Bread" and Better Pastry too.



CARELESSNESS CAUSES FIRES

Take heed where you place burning cigarette stumps. It may seem like a little thing, but a fire loss of over \$8,000,000 was caused by cigarettes in one year.

Ninety-seven per cent of all fires are due to somebody's carelessness. Watch yourself and others. Remember a fire means waste of material, loss of income and much other expense.

Insure in this agency of reliable companies.

P. S. MARSTEN
Insurance Broker : : Woodstock, N. B.

ADDRESS BY SECRETARY W. R. BELVEA

(Continued from page six)
organized a race track built, and a combination grand stand and exhibition building, co-constructed with assistance of the Provincial Department of Agriculture and the F. A. County Fair was held, the agricultural exhibits of which would have done credit to any County in the Province. This is a step in the right direction, but I believe that the merchants of Edmundston could improve their business by encouraging a Country Market and sell direct to the public.

The City of Fredericton is an outstanding example of what a Country Market means to a Town. Fredericton had a Country Market long before it had population as large as Edmundston's is today and the amount of trade that the Fredericton merchants do with the country people is amazing. On Wednesdays and Saturdays the farmers come to the market, which is merely the square about the City Hall, sell their produce to consumer or dealer for cash and proceed to spend a large portion of the cash in the stores before leaving the City. This Town now owns a splendid site for a Country Market—the lot adjoining the Town Office.

To secure co-operations of the farmers from the start, it would require that a committee be appointed to go to the rural communities, hold a few small meetings with the farmers, explaining the whole proposition. I feel confident that the Provincial Minister of Agriculture can be relied upon to support the movement.

A Country Market would provide the citizens with a medium to procure vegetables, poultry, butter, truck garden produce, firewood, hay, etc., which to the average citizen are often hard to locate, while there may be quantities in the country awaiting a market. On the other hand it provides the farmer with a market close at home where he immediately realizes cash for his goods. It is human nature to want to do shopping in the larger centers. This is where the Edmundston merchant would secure the farmers' cash business. If this suggestion meets with the approval of the Board, I would suggest that a committee be appointed to meet the Town Council with a view to getting the movement started at once so as the Farmers may be prepared to cater to the requirements of our citizens next Summer and Autumn.

I wish to take this opportunity of thanking the officers, executives and members for their co-operation during the past year, and I very much regret that I am soon to leave your happy Town, but I feel confident that the members of the Board will carry on the work in such a manner that they will make Edmundston one of the most progressive Towns in Eastern Canada.

yours respectfully,
W. R. BELVEA, Secretary

Edmundston Locals

If you have any news send it along—telephone or mail it. It helps us give you the news when it is news.

Miss Phyllis Hall will leave on Sunday to resume her studies at Mount Allison University.

Mr. and Mrs. Hubert Henderson of Campbellton were in town on Wednesday.

Aaron Lawson had the misfortune when cutting some wood on Tuesday morning to severely cut his hand, making a large and ugly wound necessitating a visit to the doctors and some stitches.

It is expected that Mrs. Hutchison who has been in Moncton recuperating from a surgical operation and from typhoid fever will soon be home. A large circle of friends will be glad to see her again and wish for her speedy recovery and renewed strength.

Edmundston still brags that whilst other parts of the province suffer from severe snow storms, our climate is such that we get along with reasonable and healthy weather. The sun shines on the just and the unjust alike, but the snowstorms leave the just people of Madawaska county alone.

We all appreciate the work of the Hon. J. E. Michaud, who has accomplished much in reducing the cost of fire insurance here it being reported in last week's St. John papers that the surtax is soon to be removed by the Board of Fire Underwriters of New Brunswick.

The fire department with its new equipment is meeting with unqualified approval. The inspection at frequent intervals is praiseworthy in the extreme. We have a good fire chief, and it will not be his fault if there is ever a disastrous fire as there was in Fort Kent and Grand Falls last week.

There should be a record attendance to hear Mrs. Pankhurst on Wednesday evening. Mrs. Pankhurst is one of the outstanding women of the world. Whilst we may not all of us have approved of some of her methods in days gone by when she was fighting for the ballot for her sister women, we must all of us support her in her present campaign for social hygiene.

Mrs. Burgoyne, 21st Ave., has been

indisposed this week, but at the time of going to press was reported to be improving.

W. R. Belyea who is soon to leave Edmundston, will be greatly missed in the business and social circles of the town. He has been indefatigable in his efforts; his outstanding work being in the Board of Trade. Next week we shall have more to say in regard to this.

The people of Edmundston heard with a great deal of regret of the tragedy of the fire in Grand Falls last week. Fire is terrible at all times when not under control, but it takes its toll of human life, there is an accompanying horror. The sympathy of many people go out to the bereaved father and mother.

Next week's issue of The Observer will be a "Grand Falls Development Number." We hope to print the views of business men in regard to the development of these most valuable water rights and at the same time give some data in regard to them. The editor solicits letters on this subject. Let us hear your views.

The ball given under the auspices of the Edmundston Driving Club in Fournier's Hall on Monday evening was a great success. The attendance was large and dancing was enjoyed by all those present until an early hour. The management wishes to thank all those who contributed to its success; to those who donated refreshments, cigars and cigarettes, decorations, and assistance in many ways. The Hall was decorated, the music was provided by Roy's Orchestra of St. Leonards and was of a high quality.

MRS. MISENER'S ACHES AND PAINS

Vanished After Using Lydia E. Pinkham's Vegetable Compound

"Branchton, Ont.—"When I wrote to you for help my action was mostly prompted by curiosity. I wondered if I, too, would benefit by your medicine. It was the most profitable action I have ever taken. I heartily assure you, for through its results I am relieved of most of my sufferings. I have taken six boxes of Lydia E. Pinkham's Vegetable Compound Tablets and a bottle of Lydia E. Pinkham's Blood Medicine, and I can honestly say I have never been so well before. I had suffered from pains and other troubles since I was fifteen years old, and during the 'Great War' period I worked on munitions for two years, and, in the heavy lifting which my work called for, I strained myself, causing pelvic inflammation from which I have suffered untold agony, and I often had to give up and go to bed. I had doctored for several years without getting permanent relief, when I started to take your medicine."—MRS. GOLDWIN MISENER, Branchton, Ont.

Write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments of Women." C

NOTICE OF SALE

To Alexander McIntosh of the Parish of Kent in the County of Carleton, Eber J. Kearney of the Parish of Wicklow in said County and Alma Kearney, his wife, and to all others whom it may in any wise concern:

NOTICE IS HEREBY GIVEN that under and by virtue of a power of sale contained in a certain indenture of mortgage bearing date the 17th day of January, 1917, and registered in Carleton County Records in Book No. 113 on pages 180, 181 and 182 as No. 59934 and made between the said Alexander McIntosh of the first part and Gideon Estabrooks of the said Parish of Wicklow in the County of Carleton and Province of New Brunswick and described as follows (To-wit):—Commencing at the west side of the River St. John at low water mark at the division line at the north-east corner of Scott McCain land running west, bounded by Scott McCain and Roy McCain's land running west to White Marsh Stream following the White Marsh Stream a south course until it strikes land owned by Henry Estabrooks thence east along said line to the place of beginning containing one hundred and thirty acres more or less and described as land deeded by Gideon Estabrooks, Jr., in his lifetime to Gideon Estabrooks, Jr.

Together with the buildings and improvements thereon and the privileges and appurtenances to the same belonging or in any manner appertaining.

WILLIAM H. TWEEDIE
MARGARET L. TWEEDIE
Holders of Mortgage
Jones & Jones, Solicitors for holders of mortgage.

SAVED FROM AN OPERATION

"Fruit-a-tives" Completely Relieved Me

3928 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. A doctor advised me to have an operation.

I started taking "Fruit-a-tives" and this medicine has completely relieved me of all my misery and suffering.

I am free of pain and headaches and the terrible Constipation, and what saved me is the fruit medicine, "Fruit-a-tives."

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

NOTICE OF SALE

To SAMUEL W. RIDEOUT, of the Parish of Peel, in the County of Carleton, and Province of New Brunswick, FARMER, and HATTIE RIDEOUT, his wife, MARY HAMILTON, wife of EDWARD HAMILTON, of the same place and the said Edward Hamilton.

NOTICE IS HEREBY GIVEN that under and by virtue of a power of Sale contained in a certain Indenture of Mortgage bearing date the Twentieth day of December, A. D. 1919 and made between the said SAMUEL W. RIDEOUT and HATTIE RIDEOUT, of the First Part and the CANADA PERMANENT MORTGAGE CORPORATION, Mortgagee, of the Second Part, and registered in the Office of the Registrar of Deeds in and for the said County of Carleton as No. 63683 in Book 119, page 586 and following pages, on the Tenth day of March A. D. 1920, there will for the purpose of satisfying the moneys secured by the said Indenture of Mortgage, default having been made in the payment thereof, be sold at Public Auction in front of the Post Office at Hartland, in said County on Wednesday, the Fourteenth day of February, A. D. 1923, at the hour of Twelve o'clock, noon, all the lands and premises described in the said Indenture of Mortgage as:

"ALL that certain lot, piece or parcel of land situate, lying and being in the Parish of Peel, in said County of Carleton, and bounded as follows: Beginning at a birch tree standing on the bank or shore of the Coldstream where the Northwest corner of the Thomas Bannan lot strikes the Coldstream, then running Westerly One Hundred and Three Chains, thence South at right angles Twenty chains, thence East at right angles Ninety-nine chains or to the Coldstream, thence following the various courses thereof up stream in a Northerly direction to the place of beginning, excepting therefrom all the land lying East of the Highway Road, and being Two Hundred Acres, more or less, known as the John Butler Lot No. 3," together with all the buildings and improvements thereon and the rights and members privileges and appurtenances to the said lands and premises belonging or in any manner appertaining.

FURTHER NOTICE IS HEREBY GIVEN that if a sufficient offer of purchase is not received for the said land and premises at said Public Auction the same will be with drawn from said sale, and will be disposed of by Private Contract without further Notice being given.

IN WITNESS WHEREOF, the CANADA PERMANENT MORTGAGE CORPORATION has hereunto caused the Corporate Seal of the said Canada Permanent Mortgage Corporation to be affixed at the City of Toronto, in the Province of Ontario, this Eighth day of December, A. D. 1922, the affixing of which seal hereto is duly attested by the signatures of William George Gooderham and John Massey the President and Vice-President of the Canada Permanent Mortgage Corporation the day and year last aforesaid.

FOR CANADA PERMANENT MORTGAGE CORPORATION

W. G. Gooderham,
President
John Massey, Vice-President (SEAL)

Witness:
M. Tomlinson
J. D. P. LEWIN,
Solicitor.

PULPWOOD

Spruce and fir for immediate shipment. Highest price.

R. R. TIES

Accept delivery at any siding on C. P. or C. N. R. lines.

HAZEN FLEMMING CO., LTD.
393 Broadway WOODSTOCK, N. B.
N. B. Phone 239-21

Turn to the Right

This will be the rule of the Road AFTER DEC. 1, 1922

Another good rule is For

INSURANCE

see

C. M. AUGHERTON

Insurance of Every Description WOODSTOCK, N. B.

BUT DO IT NOW

Tel.: office 12-31; house, 164-11



Brighton Lodge, No. 31

Meets Mondays 5 p.m.
A. W. Shaw, C. C.
W. B. Ward, K of R & S
O. A. Hovey, M. F.

Fredericton Business College

trains young men and women for office positions as no other school in the province of New Brunswick can.

Write for full particulars, and arrange to have a place reserved for you when the WINTER TERM opens on JANUARY 2nd.

W. J. OBBORNE, PRINCIPAL
Fredericton, N. B.

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Barrister, Solicitor, &c.

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Special attention given to children's teeth
N. B. Phone 162-11.
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Offers the Security of the Largest and Wealthiest Fire Office in the world. Rates no higher than the small companies charge.

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Hartland, N. B.

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Flowers

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Weddings, Funerals

or any other occasion, phone or write

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R. B. MCINTYRE

BARBER

Correct Haircutting and Shaving
Ladies' and Children's Work
a Specialty

KING STREET HARTLAND

Satisfaction
Is Insured

when you have your eyes examined and glasses fitted by

Grover C. Campbell

THE WOODSTOCK OPTOMETRIST

at A. B. Atherton's Jewelry Store, King street, Woodstock.

Patients that have been unable to get satisfaction other places are the ones who give us the greatest praise. Be sure and get the right place and avoid disappointment.

S. W. Smith of East Florenceville is putting on a remarkable stock reduction sale which will attract a good many people to that town and particularly to his store.