

Mother! Father!

The burden of responsibility for the family's health and freedom from pain rests largely with you. When dear ones are afflicted with Coughs, Colds, Sore Throat, Cramps, Chills, Sprains, Muscular Rheumatism or any other of the many common ailments, thousands of mothers and fathers everywhere naturally turn to

JOHNSON'S ANODYNE Liniment

the foremost family "friend in need" for more than a century. They know that this famous liniment with the phenomenal record of over 100 years of success is superior to any other because it was originated by a family physician—used in his private practice—because it contains more soothing, healing, pain destroying ingredients than any other, and because it is for internal as well as for external use. There is no safe substitute for this wonderful anodyne that

Soothes—Heals—Destroys Pain

ADDRESS OF J. H. CLARK, B. S. A., BEFORE N. B. POTATO GROWERS

"The Relation of the Live Stock Industry to the Potato Industry."

In approaching this subject we may ask first a number of questions. Can the Live Stock Industry get along without potatoes being grown? We can answer this by saying that it did make progress for centuries before the potato was discovered by the white man. Can the potato industry get along apart from the Live Stock Industry? No. Not as an industry up to the present time. The future of the tractor as a farm power may in time change this somewhat.

We have two methods of growing potatoes as a special crop and as a part of a system of mixed farming.

First, a special crop. This has its advantages; the special grower can produce better potatoes. He will grow a sufficient quantity so that he can develop a special trade and secure higher prices. He will be able to get wholesale rates on such necessary supplies needed as: poisons, fertilizers, implements, and packages, etc. These should give higher profits. Failure of crops or markets, however, entail for him risk of much heavier losses than those who do not make a specialty of this crop. His labour problems are also more difficult as he cannot use men in permanent employment. Second—Mixed Farming. This again may be divided into two groups: (a) Those who grow all crops and breed animals suitable for his particular locality without paying any special attention to any crop or class of animals. Such a farmer of necessity cannot be a specialist in all; but by industry and thrift can make a living by the sweat of his brow. When hard times come potatoes and live stock will keep his family from going hungry. (b) Those who follow mixed farming but who concentrate on two or three special lines; e. g. Seed grain, potatoes, dairy cattle, or whichever line of work appeals to his natural inclination. (To digress a moment. It seems to me that choosing a profession or life work is not given half enough consideration by most of us. So many men go through life as miss-fits like square pegs in round holes. Some are not even working on the job that they like and so miss all the enjoyment of working with congenial things. Our young men need help in this connection that they are not receiving.)

Suppose that a farmer decides that mixed farming is safest. That two special lines carried on in conjunction with his other crops will add to his income; his standing in his community, his enjoyment in living and in his service to the Nation. We will say that the two lines chosen are the growing of potatoes and the raising of hogs. These are taken up because of the relation or interdependence of the one on the other. Both can be counted upon to increase his income materially if continued for a number of years. Either will give him an

END STOMACH TROUBLE, GASES OR DYSPEPSIA

"Pape's Diapiesin" makes sick, sour, gassy stomachs surely feel fine in five minutes.

If what you just ate is souring on your stomach or lies like a lump of lead, or you belch gas and eructate sour, undigested food, or have a feeling of dizziness, heartburn, fullness, nausea, bad taste in mouth and stomach-headache, you can get relief in five minutes by neutralizing acidity. Put an end to such stomach distress now by getting a large fifty-cent case of Pape's Diapiesin from any drug store. You realize in five minutes how needless it is to suffer from indigestion, dyspepsia or any stomach disorder caused by food fermentation due to excessive acid in stomach.

know had a surplus reported in every province. Actual figures have confirmed the fact of a surplus in most of the provinces. The latest figures from the United States still estimate their surplus at 92,500,000 bushels. Figures so big that we cannot grasp them, even in war times, when everything is on a scale never before dreamed of. What can happen when there is a surplus of a perishable article like potatoes? It must either be held over until it is wanted, in some safe way or lost. I see no other solution. How then can we save the surplus? (1) By turning potatoes in to starch. You say that it does not pay? Our nation today cannot afford to waste anything as the world is facing famine and dollars and cents must be forgotten. (2) By feeding all we profitably can, including all small and unsaleable potatoes, to stock. (3) By manufacturing potato flour, a valuable food production greatly in demand. (4) By evaporating potatoes. It is true that evaporated potatoes have been used largely for stock as they do not look well and are not very palatable, but real hunger as it now exists in Europe is not going to question appearances or flavors. It demands food. Evaporating plants would afterwards be of great value to a community to evaporate apples and other perishable products. I would ask you to do all you can to conserve food when the slump comes in the Spring so that no food products are wasted.

TWENTY YEARS AGO

From the Sentinel
Jan. 29, 1898.

W. E. McMullin, St. John, and W. A. Burden, Fredericton, are at the Aberdeen.

Rev. J. G. Harvey now resides in Woodstock, with his son, James Harvey.

Mr. Chas. McLean is able to be out and attend to business after his recent sickness.

Miss May Stevens, of the Hartland Advertiser, is enjoying a visit to her friend, Miss Mabel Phillips.

A. B. Connell, Q. C., and W. P. Jones, Barrister, are in Fredericton attending the sitting of the Supreme Court.

Mrs. Brayley, who has been visiting her parents, Mr. and Mrs. D. F. Merritt, returned to her home in Montreal on Saturday.

F. B. Greene, Manager of the M. P. F. Co., leaves on Monday for Quebec and Ontario. Before returning he will attend the convention of the States and Dominion Packers, at Buffalo, N. Y.

W. T. Whitehead, a Woodstock boy for whom the Sentinel has long entertained a kindly feeling, is, apparently, to be Fredericton's next Mayor if the number, respectability and representative character of the citizens of that city who have solicited him to be a candidate, means anything.

Mr. E. Alexander, station agent at Hartland, has returned after an absence of several weeks in Montreal, where he was one of the committees of R. Y. Tel. operators conferring with the officials of the C. P. R. The success of the mission has been made public. Mr. Alexander was much pleased with the manner in which he and his colleagues were treated by the C. P. R. people.

Traceys Mills Red Cross.

The Traceys Mills Red Cross Society in the year 1916 donated 258 pairs socks, 18 pairs mittens, 24 shirts, 1 autograph quilt, 2 pairs pillow cases, and 17 Christmas stockings.

Thanks are due those ladies, who are not members, that knit 103 pairs socks.

Receipts - - - \$130.03
Expenditures - - - 109.86

Amount on hand - \$20.17

The yearly meeting for 1916 met at Mrs. R. B. Tracey's, the following officers being elected: Mrs. A. Z. Miller, President; Mrs. Wm. S. Peterson, Vice President; Mrs. Renel Barrett, Second Vice President; Miss Pauline A.

LEMONS WHITEN AND BEAUTIFY THE SKIN

Make this beauty lotion cheaply for your face, neck, arms and hands.

At the cost of a small jar of ordinary cold cream one can prepare a full quart of the most wonderful lemon skin softener and complexion beautifier, by squeezing the juice of two fresh lemons into a bottle containing three ounces of orchard white. Care should be taken to strain the juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan and is the ideal skin softener, whitener and beautifier.

Just try it! Get three ounces of orchard white at any drug store and two lemons from the grocer and make up a quart of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It is marvelous to smoothen rough, red hands.

A CRIPPLE FOR THREE YEARS

Helpless in Bed With Rheumatism Until He Took "FRUIT-A-TIVES".



MR. ALEXANDER MUNRO

R.R. No. 1, Lorne, Ont.
"For over three years, I was confined to bed with Rheumatism. During that time, I had treatment from a number of doctors, and tried nearly everything I saw advertised to cure Rheumatism, without receiving any benefit."

Finally, I decided to try "Fruit-a-tives". Before I had used half a box, I noticed an improvement; the pain was not so severe, and the swelling started to go down.

I continued taking this fruit medicine, improving all the time, and now I can walk about two miles and do light chores about the place."

ALEXANDER MUNRO.

50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

Peterson, Secretary Treasurer.

Donations for the year 1917 were: 162 pairs socks, 1 railroad quilt and 28 Christmas stockings.

We wish to thank those ladies who knit the following with society yarn:

Miss Maria Barrett, 24 pairs socks; Mrs. Grace Page, 10 pairs socks; A Friend, 8 pairs socks; Mrs. Wm. Burt, 6 pairs socks; Mrs. Granville Page, 3 pairs socks; Mrs. Wm. Trafford, Mrs. Frank Page and Mrs. Douglas Tracey, 2 pairs each; Mrs. Susan Tracey, Mrs. Alexander Green, Mrs. Harvey Nichols, Miss Iva Kennedy and Miss Blanche Peterson, 1 pair each.

Two pairs socks were sent to each of our "soldier boys" from this place.

Number of socks on hand, 7 pairs; sewing on hand, 4 pyjama suits; yarn on hand, 10 pound.

Receipts - - - \$82.57

Expenditures - - - 75.19

Amount on hand - \$7.38

Mrs. A. Z. MILLER,
President.

MISS PAULINE A. PETERSON,
Secretary Treasurer.

A WOMAN'S HEALTH

Can Only be Maintained by Keeping the Blood Rich and Pure.

The woman at home, deep in household duties and the cares of motherhood, receives occasional help to keep her in good health. The demands upon a mother's health are many and severe. Her own health trials and her children's welfare exact health tolls, while hurried meals, broken rest and much indoor living tend to weaken her constitution. No wonder that the woman at home is often indisposed through weakness, headache, backaches and nervousness. Too many women have grown to accept these visitations as a part of the lot of motherhood, but many and varied as her health troubles are, the cause is simple and the cure at hand. When well, it is the woman's good blood that keeps her well; when ill she must make her blood rich to renew her health. The nursing mother more than any other woman in the world needs rich blood and plenty of it. There is one always unfailing way to get this good blood so necessary to perfect health, and that is through the use of Dr. Williams' Pink Pills. These pills make new blood abundantly, and through their use thousands of weak, ailing wives and mothers have been made bright, cheerful and strong. If you are ailing, easily tired, or depressed, it is a duty you owe yourself and your family to give Dr. Williams' Pink Pills a fair trial. What this medicine has done for others it will surely do for you. Mrs. W. H. Alberry, Wallingford, Ont., says:—"I was very much run down and suffered from weakness and nervousness. At times I did not know what to do, as I would shake all over, and would have to go and lie down. I was treated by several doctors, who said the trouble was bad blood and weak nerves, but they did not do me a bit of good. I was advised to try Dr. Williams' Pink Pills and they made me feel like a new woman. Later when I was nursing my baby, I felt run down, and again took the pills, and my baby at six months weighed thirty-five pounds. It was this medicine that gave me the strength to nurse him, and both baby and myself greatly benefited by it. I hope every suffering woman will give Dr. Williams' Pink Pills a fair trial as I did, for I have proved their merit."

You can get these pills through any medicine dealer or by mail postpaid at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Everything Counts in a Good Letterhead

Good Printing, Good Letterhead Design, Good Paper—all of these are necessary. Place your order for Letterheads with us and let us show you what we can do for you.

Sentinel Publishing Co. Ltd.,
WOODSTOCK, N.B.

No Matter What You Require in HEAVY and LIGHT HARDWARE

Builders', Mill, Machinists,
Plumbing, Automobile and Motor Boat Supplies, Pumps, Brassware, Iron Goods for Steam and Water, **WE HAVE IT.**

CUTLERY A SPECIALTY

Mail Orders given prompt attention.

T. McAVITY & SONS, Ltd.

Advertise In The Sentinel

SAW LOGS WANTED

Farmers' in the neighborhood of town can get the highest prices from the

Smith Lumber Co.

For Spruce, Fir, Pine, Hemlock, Cedar or Birch Logs. Will buy any quantity. Call and get quotations. In future all Business done on a Cash basis.

GIVE "SYRUP OF FIGS" TO CONSTIPATED CHILD

Delicious "Fruit Laxative" can't harm tender little Stomach, Liver and Bowels.

Look at the tongue, mother. If coated, your little one's stomach, liver and bowels need cleansing at once. When peevish, cross, listless, doesn't sleep, eat or act naturally, or is feverish, stomach sour, breath bad; has sore throat, diarrhea, full of cold, give a teaspoonful of "California Syrup of Figs" and in a few hours all the foul, constipated waste, undigested food and sour bile gently moves out of its little bowels without griping, and you have a well, playful child again. Ask your druggist for a bottle of "California Syrup of Figs," which contains full directions for babies, children of all ages and for grown-ups.