



Men of Muscle

like Atlantic Underwear. They like its heavy weight, its warmth—the protection it gives when they have to pass from one extreme temperature to another.

ATLANTIC UNDERWEAR

is made particularly for men who work under trying conditions—steel men, builders, seamen, miners, lumbermen, and other men of muscle. It is stout, warm and strong—and guaranteed unshrinkable.

Be comfortable this winter in Atlantic Underwear. See that every garment you buy has the Atlantic Trademark—the guarantee of satisfaction and long wear.

ATLANTIC UNDERWEAR LIMITED
MONCTON, N.B.



INFLUENZA— SOME INTERESTING FACTS ABOUT IT

Its History, Prevention and Treatment

(Commission of Conservation)

Influenza, which is now sweeping over Canada from one end to the other, is a very old disease. It was known in ancient times, and as early as 1510 it over-ran the whole civilized world. For centuries it has periodically swept over various parts of the world. The last great world epidemic was in 1889-1890 when it was generally known by the French name of la grippe. The disease has always travelled from east to west.

SYMPTOMS

The symptoms are similar to those of a heavy cold; more or less severe headache, cold in the head and throat, fits of sneezing, flushed face, chills, aches and pains in the back and limbs, pains in the eye-balls and behind the eyes, general physical depression, and temperature rising to between 101 and 104 degrees.

HOW TO PREVENT IT

As it is such an old disease, doctors have naturally learned a great deal about its prevention and treatment. The first principle of prevention is to keep away from those infected, and the second, to build up the germ-resisting parts of the body by eating nourishing foods, dressing comfortably, getting lots of sleep, and by living in the open air and in bright, well-ventilated rooms as much as possible. The mouth, throat and nose should be systematically and frequently disinfected, by antiseptic inhalations, sprays and washes. Such preparations as chloroform and listerine are well adapted for this purpose.

In fighting previous epidemics, doctors found quinine a useful preventive. One grain of sulphate of quinine mixed with (but not dissolved in) a wineglassful of cold water makes an excellent antiseptic gargle. The anti-microbial properties of quinine are well known and its use as described above at once relieves the symptoms of sore throat, which result from the strain of the fight between the white blood corpuscles and the invading germs in the tonsils—the body's first line of defence. Quinine is also given internally with success as a preventive. In one of the more recent outbreaks in Europe, an experiment was tried in which the men of one squadron of a regiment of cavalry were each given 7½ grains of quinine in 1 ounce of whiskey daily for 22 days, whilst those of the other squadrons were given none. The latter squadrons had from 22 to 44 cases each of influenza, whilst the squadron treated with quinine developed only 4 cases. Inhalations of oil of eucalyptus, thymol, oil of mountain pine and the like are also valuable as preventives.

HOW TO TREAT IT.

When a person is struck by influenza, only one course lies open. That is to take to bed with the least possible delay, and call a doctor. Rest, warmth and quiet are three sovereign remedies of the primary disease, and the best preventive of its more deadly complications, of which pneumonia is the most frequent. While there is no specific for influenza, yet there are many drugs which play a useful part in relieving it, such as quinine, aspirin and various tonics, anti-neuralgic, antiseptic and heart medicines, to be prescribed by the

physician in charge.

WHAT TO EAT

The dietetic rules which apply to any fever apply equally to influenza. Liquid foods at first, solids a little later on in a gradually ascending scale from lightly boiled fresh eggs to chicken, roast joints, etc. Water, cold or hot, may be sipped or "egg water" may be given. This excellent dish is prepared by blending with a pint of cold water, the whipped whites of from 2 to 4 eggs flavored with salt of cinnamon. Then, the animal broths may be given. There are many cases in which even the lightest foods are spurned with loathing and common sense must be used in adapting diet to the particular case in hand.

SOLDIERS LIKE TO HAVE THEIR LITTLE FLING

("Private Danny" in Chicago News).

Every once in a while soldiers way out here will kick over the traces a bit and start a little trouble, but they never mean nothing by it. Way down in their hearts soldiers are mostly like and they're ready any time to take the big chance to help out a buddy and to prove they're on the square and right with the world.

The other day, just for instance, several boys was put before a summary court on a charge that really a d'n't amount to nothin' much, but couldn't be overlooked, so they sentenced them to ten days fatigue duty. Fatigue duty like that is always some job that nobody else wants and this time too it was pretty much up front and sort of nasty all the way around.

Well, the boys kept at it for about five days, and then they got talking among themselves one evening and sort of had a meeting and decided they'd like to just square up everything. So they appointed one of the gang to lay their case before the major.

"Sir, with the Major's permission, the ten privates doing fatigue duty would like to be assigned to do patrol work in No Man's Land every night until their sentence is completed," the spokesman said. "We'd try to get a prisoner for you, sir, if you'd let us."

Well, it kind of tickled the old man to think that these boys doing time would volunteer for such dangerous work as night patrolling, and he said he'd think it over. The next day he sent around word that he'd let them go out the next night instead of having them work that day.

Well of course they ain't no use of dragging out the story. All there is left to tell is that them birds went out that night and come back along about 3 in the morning with a nice fat pork of Huns that they give to the Major.

"Maybe we can get you some more tomorrow night, sir, if you'll let us go out again," one of them said.

"You don't need to go out any more," the old man said. "And we'll just call that whole ten days of yours served too. I know real soldiers when I see 'em. That's all boys."

A Cure for Pimples

"You don't need mercury, potash or any other strong mineral to cure pimples caused by poor blood. Take Extract of Roots—druggist calls it "Mother Seigel's Curative Syrup"—and your skin will clear up as fresh as a baby's. It will sweeten your stomach and regulate your bowels." Get the genuine. 50c. and \$1.00 Bottles. At drug stores.

PEPS

the real breathable tablets, make the throat, chest, and lungs cold-resisting. When a nasty cold or a coughing bout foretells the revival of your old bronchial trouble, the best thing to do is to take Peps at once to strengthen and

PROTECT

the chest. When a Peps tablet is taken from its preserving silver wrapper and allowed to dissolve in the mouth, it gives off powerful medicinal and germicidal fumes that immediately circulate with the breath through all the air-passages, and destroy any germs that have got into

YOUR

nostrils and throat. At the same time the sore, inflamed membrane is soothed, healed, and protected, phlegm is released from the bronchials, breathing is made easy, and that distressing cough and throat soreness disappear.

By this direct treatment Peps keep trouble off the

CHEST

and lungs, and the worst weather can be faced without fear of evil consequences. It is the safest plan to always have a few Peps handy to arrest a cold, and prevent it reaching the lungs or starting bronchitis and chest weakness.

Peps

DEATH OF PROMINENT MAN

Grand Falls, Oct. 24.—The epidemic of Spanish influenza continues to rage unabated in Victoria County and it is estimated that fully 2,500 persons have been afflicted with the disease. There have been numerous deaths from the malady and from pneumonia which so frequently develops from the first named disease. In parts of the country whole families are affected, being too weak to cook meals. In some cases they get to bed and die.

Grand Falls lost a prominent and estimable resident late today when Matthew Burgess, secretary-treasurer of James Burgess & Sons, Ltd., the well known lumbering and mercantile firm, passed away of pneumonia. He was in his office at 11 o'clock this morning, but was obliged to return home. He died about 5 p.m.

Mr. Burgess was about 40 years of age, the son of James Burgess and a brother of James Burgess, Jr., who resigned as a member of the legislature to give Premier Foster a seat. He leaves a mother and the following brothers and sisters: James, George, Charles, Alfred, John, Albyn, Frank, Mrs. James P. Kelly, wife of the police magistrate of Grand Falls; Mrs. Timothy Kelly and Miss Nellie Burgess of Houlton, Me.

Matthew Burgess was one of the most popular men in the county and has not an enemy in the world. He was interested in all good works and his passing is a great loss to the town and county. His father was a pioneer lumberman of Victoria. Much sympathy is extended to the family, especially as his wife and three children are ill. The funeral was held at 9 a.m. Saturday. In politics he was a Liberal and in religion a Roman Catholic.

BUY VICTORY BONDS.

HELP TO BRING OUR SOLDIERS HOME

In the seared and tortured land that once was sunny, fertile France our boys are fighting—fighting to keep us free. You want to see them back again in Canada, don't you? Yet only in victory must they, or will they, come. It is only if you do your part that they can come. For the Victory Loan is needed to bring them Victory.

Make ready to buy your country's Bonds—to buy them greatly. The more greatly you prepare to buy, the more swiftly will those brave, bright lives that we have known as sons and friends bring to our cause that final triumph that shall call them home.

Throw your dollars into the smashing force that will deal the Hun the blow that will end this war. Only with our whole strength can the war be won greatly. Only so can it be won without needless loss of life. Your dollars are needed for the guns, the shells, the bayonets that mean decisive Victory. Lend them for every sake. Lend them at every cost. Rise to this great occasion.

BUY VICTORY BONDS.

SUNDAY BALL GAME IN FRANCE

Played by Soldier Boys from the Hospitals

An American girl working in France writes home:

"It is good to get away and forget it all once in a while. Twice we have had dances, but the real gala occasion is the Sunday afternoon ball game. I went to my first Sunday game a few days ago, when the corps boys of Base Hospital No. 11 played Base Hospital No. 34. Of course Sunday is the only day when those boys are not putting up tents, digging trenches or working around the wards.

"A large part of the crowd was made up of convalescents, boys in khaki, boys in pyjamas, some in bath robes, others on crutches or with bandaged heads or dark glasses on. They were the uproarious fans, they and the uniformed doctors and the nurses who could get off duty.

"But a large part of the crowd had never seen a ball game before; whole families were there. French people who could not keep away from a festive occasion. There were little old peasant women with dainty, crisp white capes, babies in arms, women in their sad long veils, little girls in their Sunday best, besocked boys and occasionally French soldiers each in a uniform unlike each other and always and everywhere women with parasols."

BUY VICTORY BONDS.

PACIFISTS. READ THIS

This information from the front should be posted in the hat of every premature pacifist: A British patrol was passing through a village evacuated by the Germans. A kitten was hanging on a barn door nailed through its forepaws. A soldier went from the lines to release the tortured animal. When he pulled out the nails he released the safety catch of a bomb concealed within and was blown to atoms. When sentiments en-

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 pint 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, whiten 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 pint 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.



Middle Aged Women

Are Here Told the Best Remedy for Their Troubles.

Freemont, O.—"I was passing through the critical period of life, being forty-six years of age and had all the symptoms incident to that change—heat flashes, nervousness, and was in a general run down condition, so it was hard for me to do my work. Lydia E. Pinkham's Vegetable Compound was recommended to me as the best remedy for my troubles, which it surely proved to be. I feel better and stronger in every way since taking it, and the annoying symptoms have disappeared."—Mrs. M. Godden, 925 Napoleon St., Fremont, Ohio.

North Haven, Conn.—"Lydia E. Pinkham's Vegetable Compound restored my health after everything else had failed when passing through change of life. There is nothing like it to overcome the trying symptoms."—Mrs. Florence Isella, Box 197, North Haven, Conn.

In Such Cases

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

has the greatest record for the greatest good

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.



SMOKE-TUCKETTS ORINOCO

CUT FINE FOR CIGARETTES—CUT COARSE FOR PIPE



ter our thoughts it is well to remember this and thousands of other episodes of similar nature.—Brockton Times.

BUY VICTORY BONDS.

HOW TO SAVE COAL

(New York Fuel Controller.) Storm windows with storm doors, weather strips and such protective devices are economical of heat.

Draw a bucketful of dirt, water from the bottom of the boiler at least twice a week and fill again.

Avoid too much shaking. Live coals in the ash pit means wasted fuel.

Stoke frequently and in small amounts.

Never shake a low fire until a little fresh coal has been added and given time to ignite.

Keep a pan or kettle of water at ways on the kitchen stove. Moist air makes for comfort, health, beauty and economy.

LEST WE FORGET

Horatio Bottomley, editor of John Bull, is described as a man of many faults, but he is not in favor of easy terms for Germany. The reason is found in his description of the results of one of the German air raids on London. A bomb had been dropped on an official shelter, and therefore claimed many victims. Mr. Bottomley thus described what he saw: "There, in pits filled with water from innumerable fire engines, floated the bodies of the innocent, old men, twisted into grotesque forms stared at the avenging skies; a woman with two children at the breast had breathed her last prayer of love and protection; another poor soul had delivered her pitiful burden in the very hour of death.

"And yonder, surrounded by the scarred bodies of the little ones who had gone to him for cheer and comfort, lay the burnt body of a splendid rector of the church. It was his wont on raid nights to visit the shelters of his parish—to cheer the children, to comfort the mothers, to speak brave words to the men—and when the bomb, with murderous directness, crashed through those concrete floors and completed its ghastly task, the first to fall amid the flames and the dust was that 'Man of God.'"

"I have not seen the war at home—and not the haunting picture of

those murdered old men and women and little children and of that splendid priest of God is erased from my brain. 'To Hell with Germany and all that is German!' shall be my daily prayer."

BUY VICTORY BONDS.

BRISTOL.

Mrs. Guy Welch received for the first time since her marriage on the afternoon of Oct. 23rd and 24th at her home. She wore her wedding dress of golden brown satin with overdress of georgette crepe and was assisted in receiving by Mrs. George Caldwell who wore a dress of purple taffeta with sleeves and panels of georgette crepe. Tea, nut-bread and cake were served by Misses Stella Hunter and Crystal Davis, who were dressed in light colored silks; Miss Hunter in light blue and Miss Davis in champagne. The living room was prettily decorated with pink geranium blossoms and foliage. Besides the residents of the village many ladies came from Florenceville, Bath and Wicklow to call on the bride in her new home.

Mr. James Lockhart who has been with the McGill Medical Unit in France for the past three years has been home on leave.

Mr. and Mrs. Alex. McIntosh are receiving congratulations on the birth of a daughter—Janet Welch.

Dr. Somerville who has been confined to the house with lagrippe is able to be out again.

Miss Harriett McLean, R. N., has also had an attack of lagrippe but is able to be at work again.

Ralph Caldwell is ill with pneumonia.

Mrs. A. W. Phillips and Miss Phillips have returned from a visit with friends in Woodstock.

Mr. and Mrs. Alva Phillips motor to Houlton on Wednesday.

Wm. Holmes who has been very ill with pneumonia is recovering.

Minard's Liniment for sale everywhere.

Amid your thoughtfulness for the boy in the trenches haven't you forgot the boy in the rigging? Remedy your remission on Saturday, November 16.

SMOKE TUCKETTS T & B CUT

Notice of Sale.

There will be sold at Public Auction, in front of the Post Office in the Town of Woodstock in the County of Carleton, on Wednesday, the sixth day of November, A. D. 1918, at the hour of two of the clock in the afternoon, the following lands and premises, namely: All that piece parcel or lot of land lying and being and situate in the Parish of Wicklow, County of Carleton and Province of New Brunswick to-wit: In the Second Tier from the River Saint John, on the west side of the said River, abutting and bounded as follows: "On the east by land owned by Peter Giggy, on the north by land owned by Charles McMullin, on the south by land owned by John Woodworth, and on the west by ungranted Crown Lands, containing besides the usual allowance two hundred acres, be the same more or less," the said land being known as the Woodworth land and at the present time being bounded as follows: On the north by lands of William Tweedie, on the west by lands of Robert Wakem, on the south by lands of James McMonagle and Andrew McMonagle, on the east by the base line of River lots, together with the buildings and improvements thereon, and the privileges and appurtenances thereunto appertaining.

This sale is being made under an agreement between Blanche Ella Stapleford, wife of William P. Stapleford of the Parish of Kent, in the said County, and the said James McMonagle and Andrew McMonagle, of the Parish of Wicklow, in the said County, who are the present owners of the said lands.

Dated at the Town of Woodstock aforesaid, this 21st day of October A. D. 1918.

ALBION R. FOSTER,

Auctioneer.

SOUR, ACID STOMACHS, GASES OR INDIGESTION

"Pape's Diapiesin" neutralizes excessive acid in stomach, relieving dyspepsia, heartburn and distress at once.

Time it! In five minutes all stomach distress, due to acidity, will go. No indigestion, heartburn, sourness or belching of gas or eructations of undigested food, no dizziness, bloating, foul breath or headache.

Pape's Diapiesin is noted for its speed in regulating upset stomachs. It is the surest, quickest stomach sweetener in the whole world, and besides it is harmless. Put an end to stomach distress at once 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 fermentation due to excessive acids in stomach.

Won't you help the Navy League to give our sailors one good Christmas? Saturday, November 16.

KEEP YOUR
STOVE BRIGHT

BLACK KNIGHT STOVE POLISH

An attractive kitchen must have a bright stove. No effort required with Black Knight. Just apply with a cloth for a bright, durable polish. Can be used on either warm or cold stove. It is non-inflammable.