

There are Many
Jelly Powders—
But Only One

JELLO

Insist on Having
"Canada's
Most Famous
Dessert"

Made at
Bridgeburg Ontario



SCIENTISTS SEEK VITAMINE AS FOUNTAIN OF YOUTH

(Detroit News)

The quest for the vitamin is the most important search of its kind now being conducted by scientists. It was said today at the semi-annual convention of the American Institute of Chemical Engineers, at the Hotel

Statler.

Millions of men and women the world over are going in for vitamins for health's sake just as religiously as the regular resorter went in for mud baths. Many men and women eat eight cakes of yeast a

ADMIRAL SIMS COMES HOME

Home again from a brief visit to the scenes where he performed for his country, for the Allies and for the world such splendid service in the winning of the war, Admiral Sims towers among the very flower of American genius, character and manhood.

It would be pardonable in the gallant and distinguished Admiral to take open pride out of the conspicuous and honorable fact that he never was nearer the hearts of the American people ever was higher in their esteem and confidence and never was a more illustrious figure in the nation's eyes than when he stepped ashore yesterday on the soil of his country which so rejoices in the deed and in the example of such a man.

If Admiral Sims refrains from expressing all that he feels at the heartfelt welcome of the American people they cannot and will not abate their national acclaim for him.

day. Some prefer the yolk of an egg. These substances are known to contain the vitamin in highly concentrated forms. Nobody knows what the vitamin is, according to H. E. Howe of the National Research Council at Washington, who is attending the convention. But it puts pep into the white corpuscle. And it is the white corpuscle which chases disease germs.

American Chemists Lead.

"We do not know whether the vitamin is a vegetable substance or is a living organism," Mr. Howe said. "The attempt to isolate it has been going on for about 15 years. The American chemists have done more than those of any other country in this work."

"We are virtually certain that vitamins will be found to be independent, characteristic forms. The search for them is comparable to the attempt to isolate the life principle, but the vitamin should be easier to find and clamp down."

Once upon a time it was Ponce de Leon who sought the world over for the Fountain of Youth. He wanted to be young again—at least he wanted to thwart the ravages of old age. The modern Fountain of Youth is the vitamin. The quest for its discovery is going on in the laboratory where chemists and biologists are peering into test tubes instead of exploring new continents.

"I do not believe it is a good plan to eat very many yeast cakes without a doctor's order," Mr. Howe continued. "The vitamins are in yeast and they are valuable food, especially in cases of under nourishment or one-sided diets. But yeast contains other substances that must be taken into consideration in prescribing yeast."

Three Kinds Known.

There are three kinds of vitamins known to science today. The fat soluble vitamin is found in cream, the yolk of an egg, liver, cod liver oil and similar foods. The water soluble vitamin is found in skimmed milk and vegetables. The anti scurbutic

CONSTIPATION AND HEADACHES

Completely Relieved by this Grand
Fruit Medicine, "FRUIT-A-TIVES"



MR. ALFRED DUBOISSEAU

482 St. Catherine St. E., Montreal.

"For three years, I was a terrible sufferer from indigestion, constant headaches and constipation. I took various medicines for the trouble but nothing seemed to do me any good."

Then, a friend advised me to try 'Fruit-a-tives'. Now I am free of indigestion and headaches, the constipation is cured, and I have gained considerable weight; and my general health is fine.

"Fruit-a-tives" is a grand medicine and I cannot say enough in its favor."

ALFRED DUBOISSEAU.

'Fruit-a-tives' are made from fruit juices and valuable tonics—and are pleasant to take, their action being gentle and mild, yet always most effective.

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

vitamin, which prevents scurvy, is found in lemon juice, new potatoes and other fresh vegetables. Prolonged cooking or cooking with high temperature is said to destroy or weaken the vitamin.

Mr. Howe said that the isolation of the vitamin was important in part because it would enable men to manufacture nourishing foods in many instances cheaper than they can be harvested from nature.

A sedan is not a very good car for the family that has many different tastes. One member wants the windows open and the others desire them closed. A touring car will eliminate trouble.

Excessive anticipation minimizes the joy of realization. Don't over-anticipate.

ECZEMA Defied Doctors & Specialists

"For three years doctors treated me for a terrible attack of eczema," writes Madame Alphonse Lariviere, 671, Rodman St., Fall River, Mass. "Each in turn gave up the case as incurable. I then went to a specialist who charged \$30 but did me absolutely no good."

"Though one could hardly have been more discouraged at the time when I heard about Zam-Buk, I decided to try it. I applied dressings of the balm regularly and for bathing purposes used only Zam-Buk Medicinal Soap. Very soon there was such decided improvement that I was encouraged to continue. The combined use of Zam-Buk and Zam-Buk Soap soothed and thoroughly purified my skin of disease." Zam-Buk's

SKIN-SOOTHING ESSENCES

penetrate to the root of eczema, ulcers, ringworm, poisoned sores, etc. Zam-Buk not only clears away unsightly surface eruptions like pimples, blotches and rashes—it literally uproots eczema and other obstinate skin disease from the underlying tissues.

The first dressing of Zam-Buk soothes and cools the skin and ends irritation. Then when it has antiseptically purified the diseased parts, Zam-Buk promotes a new growth of clear healthy skin. All dealers 50c. box.

Zam-Buk

Skin Sufferers! Obtain a FREE TRIAL BOX by sending 1c. Stamp to Zam-Buk Co., Toronto

NOTICE TO THE PUBLIC

Mr. T. W. RAINSFORD having been appointed agent at Fredericton of the Union Assurance Society, Limited, of London, England, insurers in the Union are requested to renew their fire insurance policies on expiry through him.

Mr. Rainsford's territory includes the City of Fredericton, York County, Lunenburg County and the Parish of Ludlow, in Northumberland County.

Mr. Rainsford's address is No. 659 Queen Street, Fredericton, N. B.
GEO. O. DICKSON OTTY,
General Agent for the Province of New Brunswick of the Union Assurance Society, Limited, of London, England.

The Union Assurance Society of London is one of the oldest fire offices in the world, having been established in A. D. 1714.

TRY ADMIRATION CIGARS 2 FOR 25C.

Many More to Choose from.—Orlando, Marguerite,

Nobleman, 7-20-4, Pharaoh.

Simons Banquets and Panatellas.

D. H. CROWLEY

'Phone 77-31

Queen Street

TIRRO

THE IDEAL MENDING TAPE—Mends, binds, seals, insulates. Sticks to any dry, clean surface. Mends leaky waterpipes, cracked or broken dishes or glassware, etc. It is absolutely waterproof.

WILEY'S PHARMACY

'Phone 675.

Y. M. C. A. BUILDING,

York Street

SPRAYING OUTFITS

ASPINWALL DOUBLE CYLINDER SPRAYER
WATSON TRIPLEX POWER SPRAYER
SPRAMOTOR HAND PUMP SPRAYER
WATSON HAND PUMP SPRAYER

No Farmer can afford the loss of one-third of his crop. Yet potato growers who do not use Bordeaux Mixture, often lose more than this. It pays to spray potatoes, if rightly done. We can supply you with any of the above listed spraying outfits which are all being used successfully in the potato growing sections of New Brunswick.

We carry a full line of Sprayer parts including:

Brass Spraying Pumps, Brass Spraying Booms (Rods), Orchard Attachments, Nozzles, Hose, etc.

Use WATSON'S ARSENOID with the Bordeaux Mixture it is more effective. Special Price 80 cents per can.

J. CLARK & SON Limited.

FREDERICTON, N. B., and BRANCHES.

TRANS-CANADA LIMITED

The Trans-Canada Limited—the popular Canadian Pacific train from Montreal and Toronto to Western Canada and Pacific Coast—now leaves Montreal at 5.00 P. M. daily, making the fastest time between terminals of any train in America.

Reaches Fort William in thirty hours—Winnipeg in forty-two hours—Regina in fifty-three hours—Calgary in sixty-seven hours, and Vancouver in ninety-two hours.

Passengers from the Maritime Provinces, via St. John, have choice of two train connections, the early train leaving at 3.45 P. M. Eastern time, daily except Sunday, and later train at 6.25 P. M. every day.

The Trans-Canada is an all sleeping car train, carrying sleeping car passengers only, except between Montreal and Ottawa, where a limited amount of parlor car accommodation is available. All the equipment used is of the finest type, which includes through sleeping cars, dining car, and compartment observation car.

This train affords the biggest travel treat that it is possible for a transcontinental trip to contain. Passengers are able to see practically every major point of interest by daylight, including Banff and lovely Lake Louise. Whether on business or pleasure, this train combines every comfort and convenience possible.

For information, and the purchase of sleeping car accommodations, apply to local agent of the Canadian Pacific Railway, or communicate with Mr. N. R. DesBrisay, District Passenger Agent at St. John, N.B.



We don't make all the Ice Cream sold in town but we make the Best. Get in the habit of eating "CAPITAL BRAND" ICE CREAM and keep cool.

FARMERS' CO-OPERATIVE DAIRY CO., LTD.
King Street.

FUN! MAGIC AND MYSTERY

Boys, get Stone's Illustrated Novelty Catalogue. It contains Magic, Puzzles, Tricks, Joke Books, etc. and much fun can be had with the numerous Joker's Novelties listed in it. Send 10c in either stamps or silver and receive this catalogue and an amusing novelty. Address STONE, Box 474, Fredericton, N. B.



DON'T FORGET

that we have in stock all the

BEST CUT FLOWERS and

POTTED PLANTS

to be had any place in the city.

Give us a call.

Ada M. Schleyer

326 CHARLOTTE STREET

'Phone 217.

PROPERTY DAMAGE

Another risk you run is that your car may injure or destroy property belonging to others. Such accidents are as likely to occur as those involving personal injuries.

There are all sorts of possibilities in this line, ranging from a collision with another vehicle to the breaking of a fence or garage door. Even spattering a woman's gown with mud is sufficient basis for a damage claim.

OUR DAMAGE INSURANCE PROTECTS YOU against such claims, just as effectively as our Liability Insurance does against claims for personal injuries. It covers claims for damages on account of injury to or destruction of property belonging to others, except such as is carried on the car. Call and see us.

D. W. OLTS

'Phone 689. Burchill-Wilkinson Bldg
604 Queen Street, Fredericton.

Cook's Cotton Root Compound

A safe, reliable remedy for all skin diseases. Sold in three degrees of strength—No. 1, \$4; No. 2, \$3; No. 3, \$2 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE "COOK MEDICINE CO.", WOODBINE, ONT. (Formerly Windsor).

Get a Victrola this Summer



No matter how ideal your location, how agreeable your companionship, how entertaining your forms of recreation, your summer will be incomplete without music. Music does not make a summer, but what would a summer be without music? No form of music is so well adapted to the outdoor life of summer as that supplied by the VICTROLA and HIS MASTER'S VOICE RECORDS.

THE McMURRAY BOOK AND STATIONERY COMPANY, LTD.

SNAPSHOTS DEVELOPED AND PRINTED