

Was Troubled With Shortness of Breath

When the heart becomes affected, there ensues a feeling of a choking sensation, a shortness of breath, palpitation, throbbing, irregular beating, smothering sensation, dizziness, and a weak, sinking, all gone feeling of oppression and anxiety.

The nerves become unstrung, you dread to be alone, have a horror of society, start at the least noise and are generally fatigued.

On the first sign of the heart becoming weakened or the nerves unstrung, Milburn's Heart and Nerve Pills should be taken. They are just what you require at this time. They regulate and stimulate the heart, and strengthen and restore the whole nerve system.

Mrs. C. M. Cormier, Bucouche, N. B. writes: "Since two years ago I was troubled with a shortness of breath, and sometimes I could hardly breathe. I went to see several doctors and they said it was from my heart and nerves, but they did not seem to do me any good. One day I got one of your B. B. B. Almanacs and read of a case similar to mine.

"I bought a box of Milburn's Heart and Nerve Pills, and after taking it I noticed such a change that I kept on taking them until I had used four more boxes, when I was cured."

Milburn's Heart and Nerve Pills are 50c. a box, three boxes for \$1.25, at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

SURVIVORS OF CABOTIA REACH QUEBEC

Quebec, Nov. 13.—Survivors from the torpedoed Canadian steamer Cabotia, who had left Quebec for overseas with horses on October 10th, reached Quebec yesterday and among them are five Quebec men.

J. B. Rousseau, of Weedon, Wolfe county, related the experience of the survivors of the Cabotia. He says that on the 20th of October two German submarines were sighted off the coast of Ireland. The Cabotia was torpedoed and the men had barely time to jump into the life boats. Of the 70 members of the crew, 30 escaped. The rest went down with the ship.

Rousseau says that with his companions he was seventeen hours in an open row boat, which was then rescued by a British patrol boat.

CASTORIA

For Infants and Children
In Use For Over 30 Years

Always bears
the
Signature of *Chas. H. Plummer*

A RUSSIAN NAVAL VICTORY.

Official Statement Says German Warships Sunk in Gulf of Finland.

Petrograd, Nov. 13 (via London).—An official statement issued here today says that a majority of the German vessels which took part Friday in a bombardment in the Gulf of Finland were sunk.

The German warships, the statement says, were 36 knot torpedo craft.

A New Blood-Food Has Been Discovered That Works Wonders

SAID TO PUT NEW LIFE INTO PEOPLE THAT ARE RUN DOWN.

For years doctors have been searching for a combination that would enable them to inject into thin blood the elements it lacked. This can now be done and any weak-blooded person can quickly be made strong and well.

Already a small army of ailing people has proved the merit of taking after each meal with a sip or two of water, two chocolate-coated Ferrozone Tablets. This is easily done, and even one week's use of this wonderful blood food will prove how nourishing and strengthening and flesh-building the treatment is.

Just think of it—Ferrozone uplifts the entire nervous system, removes the blood, makes it rich and red—gives the sort of aid that's needed in throwing off weakness and languor.

Tens of thousands enjoy the advantages of renewed health through Ferrozone. If you'll only use it, you'll surely grow strong too; its beneficial action is noticed even in a week. You see it goes right to work, removes the causes of the trouble and then quickly makes a cure.

For those who sleep poorly and have nervous apprehensions, Ferrozone is a boon; it is a specialist in such cases.

Where there is paleness, poor appetite, and languor, Ferrozone makes the patient feel like new in a few days.

In tiredness, nerve exhaustion, in spring fever and debility, the power of Ferrozone is known from coast to coast and universally used with grand results.

Let Ferrozone build you up, let it win you back to robust health,—it will do so quickly if you give it the chance. Sold by all dealers. 50c. per box or six boxes for \$2.50. Remember the name, Ferrozone.

THE WORLD THE CHURCH AND THE DEVIL

Review of Interesting Book Written

By Rev. Dr. Morrison of St. John

---Mrs. Morrison as a Poetess

The Rev. J. A. Morrison, pastor of the First Presbyterian Church, West St. John, and who spoke in St. Paul's Church of this city at the induction of Rev. Mr. Sutherland, has just published a novel entitled "The World, the Church and the Devil." Contemporaneous with its appearance is a little volume of poems by Mrs. Morrison, entitled "My Soldier Boy, and Other Poems." The St. John Globe, in a very favorable review of these volumes, remarks: "A volume of poems and a novel from one household is a notable achievement."

The central character in the story by Dr. Morrison is that of Rev. James Muir, the earnest and consecrated pastor of the church at St. Giles, and it need not be said that St. Giles is a kirk and that Muir and his congregation are Scotch. The characters, with their quaintness, humor, honesty and reverence for religion and peculiarities of dialect remind one of the persons that speak to us from the pages of Ian MacLaren. There is variety in the characters, but each is drawn with skill, accuracy and detail, showing close observation of people and keen insight into human nature. As the Presbyterian Witness says: "The man of wealth is here and the woman of fashion. Here too, the worldling who robes himself in the garb of piety, the stickler on creeds and formulas, critics impatient of traditions; the man who has all but made a wreck of his splendid manhood as well as the simple-hearted, honest folk whose religion enriches their own and other's lives."

Without doubt Dr. Morrison has drawn very much of his material from characters connected with his own churches in this country and in Chicago. But while he exposes the foibles and weaknesses of human nature, and this is done with exceptional cleverness in the chapter dealing with the organization of the Missionary Society, yet there is always a saving sense of humor, a genuine sympathy for people and a real faith in the goodness of human nature, there is real repentance and change of life through the power of the Gospel, reverence for religion and for moral values, from which, as Burns tells us, "old Scotia's grandeur springs."

Dr. Morrison has written a very interesting novel, one that shows wide

experience and broad knowledge, such as can come to a man who loves his fellows and who has read much, travelled considerably and observed carefully. He has described the problems that face the modern church, and while maintaining faith in others and in the real mission and power of religion, has breadth and tolerance in his religious views. He has written a story that loses nothing in interest and worth by being wholesome, healthy and calculated to inspire and uplift.

The poems by Mrs. Morrison deal with varied subjects and express a genuine and exceptional appreciation of the beautiful in life and nature. Several of them are poems of patriotism and love; others deal with physical nature. Some have appeared in periodicals and received honorable mention in The Bookman. Of Mrs. Morrison's poems the Presbyterian remarks: "All are of real merit, and many bear the marks of genius." The little poem entitled "White Caps" is here quoted as an illustration of her beauty of thought and expression:

The wind came out of the north and blew,
And then on the waters the white caps grew.
The water was black and the caps were white,
And it looked like an army coming in sight;
Helmets gleaming, on, on they came.
Wave upon wave, yet always the same.
And all the armies of days gone by
Came up to me and passed me by,
And the noble deeds of the days of yore,
Came with the white caps to the shore.

Canadian Troops Reach England

Eight From Ontario, One from Manitoba, Two from Saskatchewan, One from British Columbia.

Ottawa, Nov. 13.—It is officially announced through the chief press censor's office that the following troops have arrived safely in England: The 110th, 114th, 133rd, 142nd, 159th, 161st, 162nd and 168th Ontario Battalions, the 184th Manitoba Battalion, the 195th and 209th Saskatchewan Battalions, the 131st British Columbia Battalion, the 196th Western Universities battalion, drafts for 192nd Alberta Battalion, the Army Medical Corps, Engineers and naval ratings.

RED ROSE TEA "is good tea"

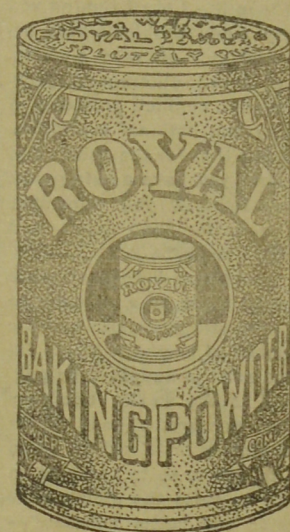
Successful use by millions of women for generations and expert scientific opinion have thoroughly established the superior merits of

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Absolutely Pure

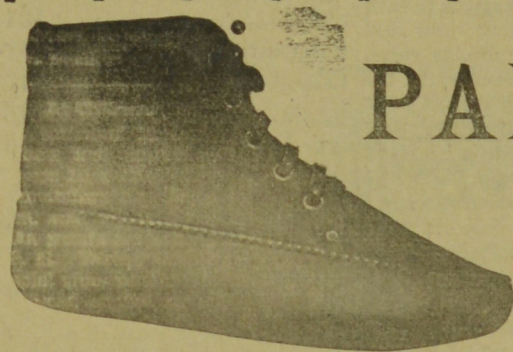
No substitute exists for making biscuits, cake, muffins and pastry of equal quality and healthfulness.

Royal is made from Cream of Tartar, derived from grapes—a natural food element—as contrasted with materials from mineral sources used in cheaper baking powders.



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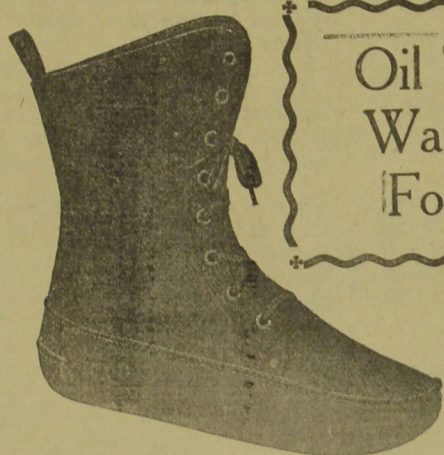
Acknowledged by all to be the leading goods of their kind.

The manufacture of Oil Tanned Waterproof Shoe Packs, Moccasins, Sporting and Trench Boots is our one and only line of business. This specialization is the surest guarantee of quality. We must stand or fall accordingly as our product maintains its reputation and popularity. Unsolicited testimonials and repeat orders from officers and men at the front substantiate what we claim—unsurpassable excellence for real service. Insist on goods of our manufacture.

John Palmer Co., Ltd.

FREDERICTON, N. B.

Makers of "Moose Head",
"Palmer", "Mohawk" Brands



Oil Tanned
Waterproof
Footwear

Sold by the
Leading
Dealers
Everywhere