

# COWAN'S

## Filbert Nut Bar

Fresh plump filberts scattered generously throughout the finest and smoothest milk chocolate manufactured.

Sold everywhere.

Made in Canada.

## FIND GOOD HEALTH IN MODERN DANCES

Twists and Bends Give Much Needed

Exercise, Say Surgeons—Not So  
Fine for Morals Though.

(Philadelphia Bulletin.)

From distant Arkansas, where once the home made fiddle jerked the bare footed natives over the earthen floors of the log cabins to the inspiring melody of "The Arkansas Traveler," a message has been brought to an effete East, where Maude Allan, the Vernon Castles and the Russian ballet have been struggling in their humble way to lift the dance to its proper place among the arts.

The message from Arkansas puts the official endorsement of medical science upon the modern dance, the Castle glide, "walking the dog," the ontologic one-step and the humble fox-trot.

Its bearers is one of the distinguished surgeons attending the annual clinical Congress of Surgeons in this city, Dr. J. A. Foltz, a noted abdominal specialist, of Fort Smith, Ark.

"Modern dances are relieving sluggish digestions all over this country," declared Dr. Foltz. "They are improving the health of thousands—but their effect on morals is questionable. The modern dance, with its many wiggles, its twists, its turns and its bends, has lured the woman who used to lounge languidly on soft divans, to the imminent peril of her digestion, and cured her of indigestion."

"Modern dances strengthen the muscles, they improve the general health of those who practice them. But I question if the hygienic benefit offsets the effect on the morals. These dances level social differences, blot out social lines and distinctions. They are creating the mixed crowd, bringing together people of vastly different character, reputation and views of life."

Dr. Foltz does not think the morals of the theatrical profession are any more open to criticism than of any other class or profession.

The friends of Stanley, who had so kindly and generously entertained the members of the district during the sessions.

The efficient choir of the church rendered much-appreciated service at the evening meetings.

## METHODIST DISTRICT MEETING AT STANLEY

Many Interesting Papers Were Read  
and Discussed—Repeal of Scott  
Act Recommended.

The meeting of Fredericton Methodist District was held at Stanley on Tuesday and Wednesday, Nov. 7th and 8th.

The first meeting was held on Tuesday evening. The opening services were conducted by Rev. B. W. Turner, the chairman, Rev. T. Marshall, presiding. Rev. F. H. Holmes gave an address on "The Relation of the Sunday School to the Life of the Church," and Mr. A. C. M. Lawson spoke on "Planning Sunday School Work." The meeting on Wednesday morning was for general district business. The chairman reported the action of the Mission Board and Conference Missionary Committee as to grants to the missions of the district.

Considerable discussion took place regarding the different phases of life and work in the district. It was arranged for the February meeting to be held in Fredericton on Tuesday, Feb. 13th, commencing at 2 p.m. Rev. Dr. Harrison, Rev. T. Marshall and Rev. A. D. McLeod being appointed a committee to arrange a programme.

The Wednesday afternoon session commenced at two o'clock. After miscellaneous district business Rev. A. D. McLeod gave an address on "The Sunday School of Today, the Church of the Future." Mr. A. C. M. Lawson again

spoke on Sunday School work. Interesting discussion followed, participated in by several members of the district.

The Rev. Mr. Boothroyd then introduced the subject of Social Service and Evangelism, and spoke of the Boys' Conference held lately in St. John.

Rev. O. H. Peters then gave an address on "Social Service," and Rev. G. W. Tilley an address on "Is Evangelism an Urgent Requirement in Our District? Why? How?"

A general discussion on the subject of the addresses then took place. A letter to the ministers from the Provincial Temperance Alliance was read by the chairman and the meeting closed with devotional exercises.

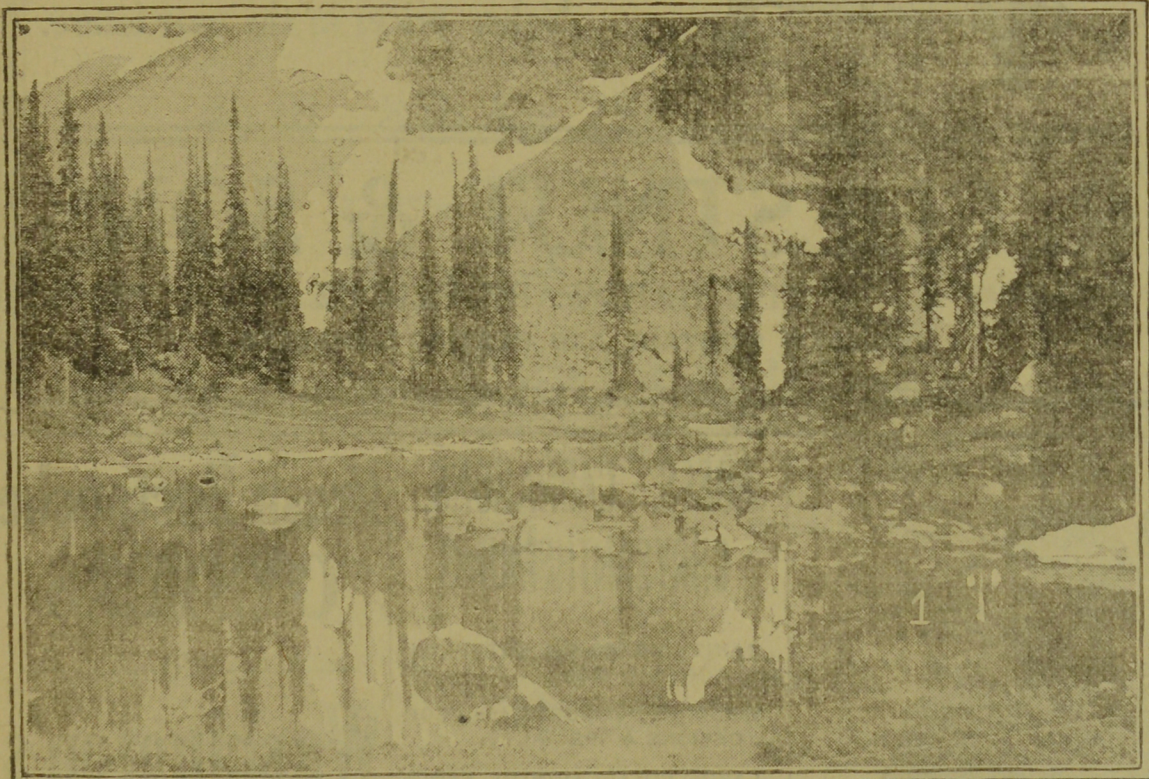
The fourth session opened in the evening at 7.30, the chairman of the district presiding. Devotional exercises were conducted by Rev. J. B. Young and Rev. T. G. Boothroyd. Rev. Dr. Harrison gave an address on "Why We Oppose the Liquor Traffic." Mr. W. G. Clark, treasurer of the Temperance Alliance, spoke on "Business Men's Reasons for Supporting the Temperance Movement." Rev. W. D. Wilson gave with great clearness an effectiveness reasons why the Scott Act should be repealed so as to bring the Prohibitory Law into force.

Several questions relating to the new law were asked, and answered by Mr. Wilson and by the chairman.

It was resolved, unanimously, on the motion of Rev. Dr. Harrison, "that this meeting heartily approves of the movement to better enforce present restrictive laws, and also recommends the repeal of the Scott Act, so as to bring the Provincial Prohibitory Law into force in this county."

The hearty thanks of the district were presented to Rev. J. B. Young and

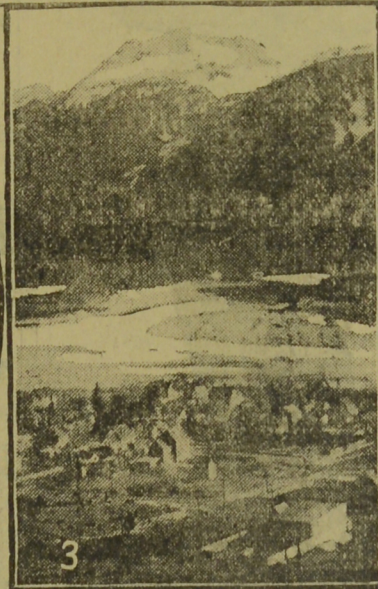
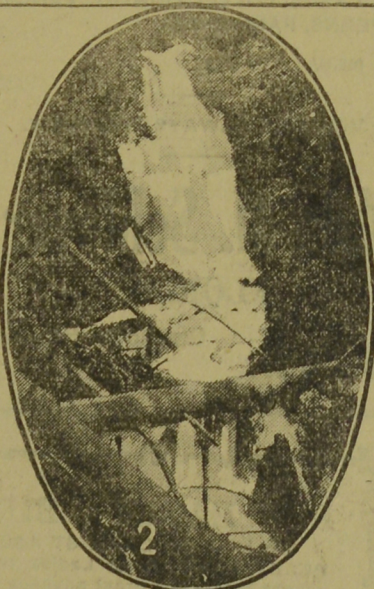
## REVELSTOKE and its BEAUTIES



- (1) Alfred Lake, Mt. Revelstoke Park, B.C.
- (2) Silver Tip Falls, on Eight Mile Creek, eight miles north of Revelstoke.
- (3) Revelstoke, B.C., in Summer, Showing Snow-Capped Mt. Begbie.

REVELSTOKE is situated on the Canadian Pacific Railway about half way between Sicamous and Glacier. It is a town of about 4,500 people, having altogether nine hotels, the leading hotel being the "Revelstoke," situated right at the Depot. Revelstoke is most picturesquely situated in the Valley of the Columbia River, and practically surrounded by mountains. Mount Begbie is always an interesting sight, and the Glacier on Mount Begbie can always be seen from Revelstoke. The view from the hotel on a summer evening is magnificent. There are two trips from this place which are absolutely unique in the whole Canadian Pacific Rockies.

One trip is nine miles north of Revelstoke, along the Columbia River to Silver Tip Falls, through the famous Columbia Canyon, which for scenic beauty and thrills is unsurpassed on the American Continent; and the other is up Mount Revelstoke. The Dominion Government is now building an automobile road from Revelstoke to the top of this mountain, and has recently expended \$200,000.00 on this road, which is now ten miles up the mountain. The road zig-zags up the mountain, having an excellent grade, a high-powered automobile being able



to go up this road on high gear. Tourists who have made this trip as far as the road is completed, claim that there is no trip on the American continent that can compare with it. Should tourists be desirous, arrangements can be made to have saddle horses awaiting them at the end of the automobile road, so that they can continue to the top of Mount Revelstoke where a most beautiful natural park is situated.

In the months of July and August, this park is a most brilliant panorama of color, being covered with the most beautiful of wild flowers, which give the appearance of the whole mountain top being one glorious mass of red, yellow, and green, in the centre of which are Lakes Eva, Millar, and Prospect, the background being the famous Revelstoke glacier. The lakes are about five miles from the end of the automobile road.

## NOW IS THE TIME

to send some Zam-Buk to your soldier friend at the front. With the coming of cold weather, the men in the trenches all suffer, more or less, with chapped hands, cold cracks, chilblains and cold sores, and the soldier who has some Zam-Buk on hand to apply immediately any of these painful ailments make their appearance, will be saved hours of suffering.

Pte. E. Westfield of "C" Company, 3rd Worcester Regiment, writes: "We wish our friends would send us out more Zam-Buk. It is splendid for sore hands, cold cracks, cold sores, etc."

Nothing ends pain and heals so quickly as Zam-Buk, and being germicidal, it prevents blood-poisoning.

50c. box, 3 for \$1.25, all druggists or Zam-Buk Co., Toronto.

## ZAM-BUK

### "FOGHORN" McDONALD IS PROMOTED MAJOR

(Montreal Star.)

Montrealers who frequented the Windsor Hotel any time prior to 1913 will probably remember Neil Roderick McDonald, otherwise known as "Foghorn," who two years ago was a simple private and is now a major in the Canadian overseas army.

"Foghorn" who was a miner the greater part of his life, being well known in the Cobalt district, enlisted at the age of 53. He figured that even at that age, when the average man is happy to settle down to be old, he was young enough to go over and fight beside the youngest and strongest of them. There are many German soldiers, if they are still alive, who know "Foghorn's" voice, the booming of which across No Man's Land in elo-

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35c., 50c., 75c., \$1.00

Return of "The White  
Feather" Favorite,  
the Brilliant  
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## ALBERT BROWN

And Supporting Com-  
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New British Secret  
Service Play



Albert Brown as Dick Kent in  
"The Black Feather."

## "THE BLACK FEATHER"

Car Beautiful Scenery. Elaborate Costumes worn by  
the Ladies from London.

Full of Thrills, Love, Laughter, Romance.

Everyone Remembers Albert Brown in "The White  
Feather." See him in this.

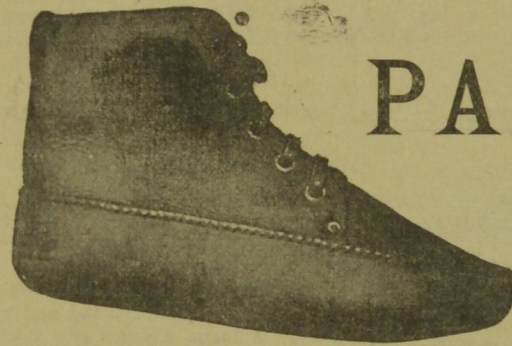
quent description of Fritz's personal characteristics earned him his nickname. For some time the old miner, who was recently in London, England, on furlough, had been a transport officer to the 8th Battalion, Canadian infantry, the "Little Black Devils," as the Germans called them.

"Foghorn" is one of those rare men who can disregard discipline and the average conventions, and "get away with it." Everything that he does, and every familiarity with which he sometimes greets a superior officer, is spontaneous and genuine. There is no pose

about the old timer.

He has lived in many parts of Canada, and every state almost of the Union, and he has the large heart of the man who has travelled. London, he found, palled on his nerves, so he went back to the front before his time was up.

The world's best cork comes from Spanish and Portuguese trees that are allowed to become 40 years old before the bark is cut, and then it is removed only every eight or ten years.



## PALMER'S

### "MOOSE HEAD BRAND"

## Oil Tanned Shoe Packs, Summer Packs, Moccasins, Sport- ing and Trench Boots

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.

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"Palmer", "Mohawk" Brands

Oil Tanned  
Waterproof  
Footwear

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Leading  
Dealers  
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