

A TALK ON RHEUMATISM

Telling How to Actually Cure This Common and Painful Malady.

This article is for the man or woman who suffers from rheumatism who wants to be cured, not merely relieved—but actually cured. The most the rheumatic sufferer can hope for in rubbing something on the tender, aching joint, is a little relief. No lotion or liniment ever did or can make a cure. The rheumatic poison is rooted in the blood. Therefore rheumatism can only be cured when this poisonous acid is driven out of the blood. Any doctor will tell you this is true. If you want something that will go right to the root of the trouble in the blood, take Dr. Williams' Pink Pills. They make new, rich blood which drives out the poisonous acid and cures rheumatism. Stay cured. The truth of these statements has been proved in thousands of cases throughout Canada, and the following cure is a striking instance. Mr. Henry Smith, St. Jerome, Que., says: "For upwards of a year I was a victim of rheumatism in a most painful form. The trouble was located in my legs and for a long time I was so bad that I could not walk. The suffering which I endured can only be imagined by those who have been similarly afflicted. Doctors' treatment did not help me and then I began trying other remedies, but with no better results. Finally I was advised to try Dr. Williams' Pink Pills, and although I had begun to lose faith in medicine, I finally decided to give the pills a trial. I am very grateful now that I did so, for after taking eight boxes of the pills the trouble completely disappeared. I was free from pain and could walk as well as ever I did in my life. I have since taken the pills occasionally as a precautionary measure, and I cannot speak too highly in their favor."

Dr. Williams' Pink Pills cure all the troubles due to weak, watery blood or broken down nerves. You can get these pills through any dealer in medicine, or by mail postpaid, at 50 cents a box or six boxes for \$2.50, from The Dr. Williams' Medicine Co., Brockville, Ont.

SIR SAM NO WORSE THAN THE GOVT., SAYS MR. CARVELL

One of the interesting letters in the Borden-Hughes correspondence is the following which Sir Sam addressed to the Premier on October 26th:

Ottawa, Oct. 26, 1916.

Dear Sir Robert,—Last night, in glancing over your memorandum re the proposed new London minister, I observed that the gentleman whom all supposed was intended for the office was not even indicated. I had heard before I left London that a certain gentleman was returning to be clothed with the powers outlined in the memorandum.

The great objection, therefore, that I had, next to the misfortune for the force which I love, should the wrong man be appointed, was my solicitude to prevent humiliation and insult to our mutual friend, Sir Max Aitken, who has so long, so successfully, so disinterestedly and so diplomatically performed for Canada the very work outlined in your proposal.

I could not, in honor, be party to any such action to overshadow him by appointing another gentleman to this work—as he has, practically since the beginning of the war, performed all the very duties outlined in the memorandum—and surely you could not either. But I will be more than proud to support the proposition, with all my heart, and all my power, if you fill in.

Very large potatoes are hard to cook evenly and are often of variable texture.

Regularly shaped potatoes with few eyes are economical. They can be peeled without undue waste.

To test potatoes, cut one in two. If the grain is coarse, showing some moisture, the quality is good. A fine

WITH POTATO PRICES SKY HIGH, YOU'LL WANT SUBSTITUTE FOOD

(Boston Record.)

The 1916 potato crop proved beautiful as foliage in many localities! Moreover, the war continues its pressure upon the world's food supply; wherefore potatoes now sell for \$2 a bushel in the large cities.

How, then, can the economical housewife ever hope to save a dollar on her food bills?

She cannot if she insists upon following her customary menus; but she can if she will adapt herself intelligently to our changing food conditions. By the way, why is it some women are ever in quest of latest styles in dress, but balk at every new idea in cookery?

Potato Purée.

Peel 6 potatoes of medium size and put them in a stew pan with boiling water enough to cover them. Cook just 30 minutes. Pour off the water and mash. Beat in 1 cup of hot milk, 2 teaspoons salt, ½ teaspoon pepper, 2 tablespoons butter or dripping, and 1 pint boiled and finely minced cabbage. Cook 5 minutes. If a thinner soup is liked add more boiled milk. Serve with strips of toast, or fried.

If the family feels wronged when mother fails to serve \$2 potatoes three times a day, it is not because the children are starving, but probably because they have always been over-indulged in starchy foods.

Potatoes rank next to rice, the most important of the world's starchy foods.

Buying Potatoes.

Never buy potatoes that look green in spots.

grained potato is apt to prove pasty when cooked.

Warm Them Over.

Never throw away a single slice of cooked potato. Use cold potatoes in salads, soup, hash.

To be palatable, potatoes which are warmed up must be heated to as high temperature as possible without burning them, and must be served very hot.

A little minced onion or green pepper may be added.

Baked Potatoes.

When baked in their skins potatoes probably undergo much the same changes as in boiling except that they lose practically none of their ingredients except a little water. Some

of their moisture changes to steam inside, and unless the potatoes are to be eaten immediately this must be allowed to escape through holes in the skin pricked with a fork or it changes back to water and makes the potato soggy.

Boiled Potatoes.

The most economical way to boil potatoes is in their jackets. Cooked this way they should be thoroughly scraped or cleaned with a brush before boiling. It is a common practice to remove a section of the skin at each end of the potato, or pare a ring around the centre, so the moisture may escape and the cooked potato may not become soggy. Almost no starch is lost when potatoes are boiled in their skins.

Starch is a fat former. It is a fuel or heat food and energy maker.

The starch foods which may be substituted for potatoes are the cereals, rice, hominy, macaroni and spaghetti, sweet potatoes, tapioca, sago, chestnuts, cassava, arrowroot and corn starch.

The Many Economies.

The first of all economies in the use of potatoes is to serve smaller quantities than usual at tables where the "well fed" condition of the family indicates that smaller portions might improve the general health as well as the family pocketbook.

The next economy is to cook and chew thoroughly whatever starches are served. Any food is economical only as it is properly digested.

The third economy is never to serve potatoes when there are other starch foods on the menu.

The overeating of starchy foods, especially when mixed with acids, causes some of the most troublesome and persistent diseases.

Steamed Potatoes.

Steamed potatoes are prepared as for boiling, put in a closed vessel having a perforated bottom, which is then set over a kettle of boiling water.

Cook 30 or 40 minutes with water boiling hard.

Whether boiled or steamed, potatoes will be improved by being kept hot half an hour, if set where they will dry out and lose some of their moisture.

"WORKS BOTH WAYS"

The getting of two distinct values when purchasing one article applies pretty generally in the field of merchandise these times, extending even unto liniments. While most articles of this nature are intended for external use only, a notable exception is the famous Johnson's Anodyne Liniment. Powerful enough for every requirement of outside application when needed for sprains, strains, muscular rheumatism, all aches, pains and soreness, it is, in addition, a wonderfully effective preparation for internal use in the cases of colds, coughs, sore throat, cramps, chills, etc., when necessary that its remarkable soothing and healing qualities go direct to the seat of an inward trouble. Thus, in Johnson's Anodyne Liniment you get two in one—internal and external use—the double value liniment as it is known. Over 100 years of splendid service to humanity has made Dr. Abner Johnson's prescription a household word, and present day users speak of it as "an angel in disguise."

140TH DRAFT IN THE TRENCHES.

A friend of Private Claude T. Olmstead of this city has received a service card from him from France. The 140th Battalion, of which he was a member, has been broken up into drafts and some of the men have been in the trenches for more than a fortnight past.

If sweethearts should agree to leave out of their conversation all flattery, all untruths and all foolishness, the silence between them would be almost as dead as that between husband and wife.

MOTHER SEIGEL'S SYRUP

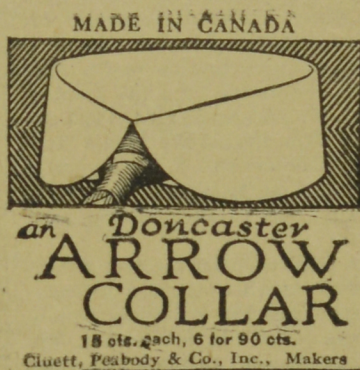
The proof of Mother Seigel's Syrup is in the taking. That is why former sufferers, whose vitality was being sapped by Indigestion, say it is just excellent for stomach, liver and bowel troubles. Thanks to Mother Seigel's Syrup, they are now strong and well.

IS EXCELLENT FOR

If you are afflicted by Indigestion or other disorders of the stomach, liver and bowels take Mother Seigel's Syrup regularly for a few days; long enough to give it a fair chance to make its beneficial influence felt. Then note the improvement in your appetite, your strength, your general condition.

HEADACHES, BILIOUSNESS
CONSTIPATION
INDIGESTION.

Three bottles of Syrup contains three times as much as the 50c size.



18 cts. each, 6 for 90 cts. Cluett, Peabody & Co., Inc., Makers

FORDS
-- FORDS! --

I have on hand TWO NEW FORD TOURING CARS, 1917 Models, equipped with starting and lighting systems. I shall be pleased to demonstrate these cars thus equipped upon request.

I have purchased from a Speedometer manufacturer, who is closing his Canadian factory, THIRTY SPEEDOMETERS, regular price \$10. Special Sale Price \$6.00. If attached, \$7.00.

Send cash with order.

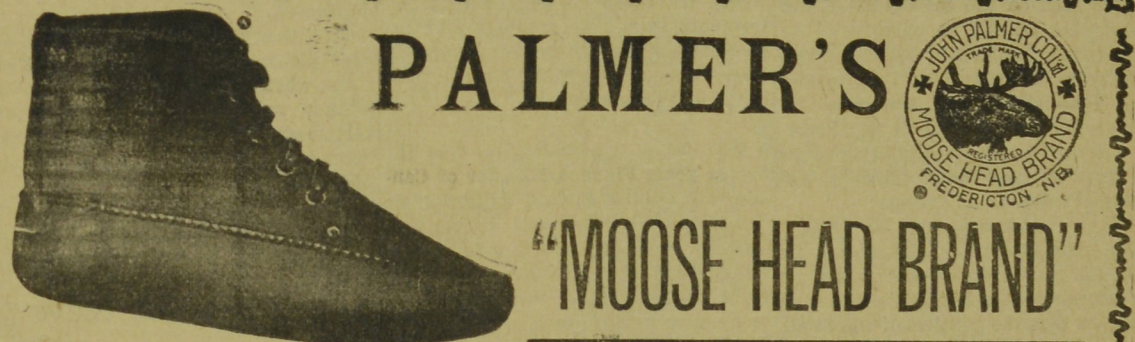
Contract for your Ford while price remains at \$527, delivered in York County.

R. L. Phillips

FREDERICTON

Ford Dealer for York, Carleton, Northumberland and Sunbury Counties.

W. B. DERRAH, - - - - - Chipman
Subdealer for Queens County East

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.

FREDERICTON, N. B.

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



Sold by the
Leading
Dealers
Everywhere

Doctor Tells How to Strengthen
Eyesight 50 per cent. in One
Week's Time in Many Instances

A Free Prescription You Can Have
Filled and Use at Home.

Philadelphia, Pa., Sept. 6.—Do you wear glasses? Are you a victim of eye strain or other eye weaknesses? If so, you will be glad to know that, according to Dr. Lewis there is real hope for you. Many whose eyes were failing say they have had their eyes restored through the principle of this wonderful free prescription. One man says, after trying it: "I was almost blind; could not see to read at all. Now I can read everything without any glasses, and my eyes do not water any more. At night they would pain dreadfully; now they feel fine all the time. It was like a miracle to me." A lady who used it says: "The atmosphere seemed hazy with or without glasses, but after using this prescription for fifteen days everything seems clear. I can even read fine print without glasses." It is believed that thousands who wear glasses can now discard them in a reasonable time and multitudes more will be able

to strengthen their eyes so as to be spared the trouble and expenses of ever getting glasses. Eye troubles of many descriptions may be wonderfully benefited by following the simple rules. Here is the prescription: Go to any active drug store and get a bottle of Bon-Opto tablets. Drop one Bon-Opto tablet in a fourth of a glass of water and allow to dissolve. With this liquid bathe the eyes two to four times daily. You should notice your eyes clear up perceptibly right from the start, and inflammation will quickly disappear. If your eyes are bothering you, even a little, take steps to save them now before it is too late. Many hopelessly blind might have been saved if they had cared for their eyes in time.

A prominent City physician to whom the above article was submitted, said: "Bon-Opto is a very remarkable remedy. Its constituent ingredients are well known to medical men and are widely prescribed by them. I can be obtained from any good druggist and is one of the very few preparations that I feel should be in the hand of every person who is at all concerned for his eyes."