

TAKE "CASCARETE" IF HEADACHY, BILIOUS, AND CONSTIPATED

Best for the Liver and Bowels, Bad
Breath, Bad Colds, Sour
Stomach.

Get a 10-cent box.
Sick headache, biliousness, coated
tongue, head and nose clogged with
a cold—always trace this to torpid
liver; delayed, fermenting food in the
bowels or sour, gassy stomach.

Poisonous matter clogged in the in-
testines, instead of being cast out of
the system is re-absorbed into the
blood. When this poison reaches the
delicate brain tissue, it causes conges-
tion and that dull, throbbing, sickening
headache.

Cascarets immediately cleanse the
stomach, remove the sour, undigested
food and foul gases, take the excess
bile from the liver and carry out all
the constipated waste matter and pois-
ons in the bowels.

A Cascaret tonight will surely
straighten you out by morning. They
work while you sleep—a ten cent box
from your druggist means your head
clear, stomach sweet and your liver
and bowels regular for months.

SAVE THE CHILDREN OF THE POOR MEN

Old-Fashioned Love the Best Method
of Choosing a Mate, the Child
Federation is Told.

(Philadelphia Bulletin.)

"Is the child of the poor man worth
saving?"

"A thousand times yes—and again
yes," is the answer made by Dr. Woods
Hutchinson, of New York, a physician and
biologist.

The physician spoke yesterday to an
audience which filled the Red Room
at the Bellevue-Stratford at the annual
meeting of the Child Federation.

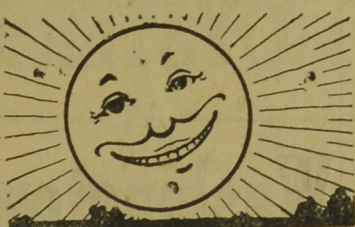
"Stop all this talk about the lower
classes," was Dr. Hutchinson's advice.
"Distinguished families are distinguish-
ed only by the things wrought by cooks
and tailors and dancing masters. Men
can be raised to the highest power of
efficiency in two generations. You
can't make them any better.

The physician doesn't take much
stock in the present brand of eugenics,
he stated.

"As I see it, these eugenics are de-
signed to make a simple and intelli-
gent choice of one's own parents," Dr.
Hutchinson said. "No scientist has yet
discovered a better excuse for getting
married than the very simple and de-
lightful one of falling in love. The
picking of the best looking, cleverest,
best natured and most desirable mem-
ber of the other sex by sensible young
people is entirely satisfactory."

The so-called "better classes"—our
exclusive families—form an extraor-
dinary unstable part of the popula-
tion, Dr. Hutchinson believes.

"We hear much wailing that the old
New England or Quaker stock and the
old Virginia families are not being pre-
served—that the multiplication of the
riff-raff of Europe ought to be stopp-
ed," the speaker said. "Well one sure
thing about great families is that they
don't survive. Superior families, when
investigated, are found to be closely
related to scrubs. For every one is re-
lated to every one else, apparently."



Sunny Dispositions

and good digestion go hand in
hand, and one of the biggest aids
to good digestion is a regular
dish of

Grape-Nuts

(MADE IN CANADA)

This wonderfully delicious
wheat and barley food is so pro-
cessed that it yields its nourish-
ing goodness to the system in
about one hour—a record for
ease of digestion.

Take it all 'round, Grape-Nuts
contributes beautifully to sturdi-
ness of body and a radiant, hap-
py personality.

Every table should have its
daily ration of Grape-Nuts.

"There's a Reason"

Canadian Postum Cereal Co.,
Ltd., Windsor, Ont.

WESTERN FARMERS WON GRAIN PRIZES

Montreal, Oct. 22.—In open competi-
tion with agriculturists of the entire
continent, western Canada won nearly
all the grain prizes at the International
Soil Products Exposition now being
held at El Paso, Texas. According to
information received here today, Sea-
ger Wheeler, of Rosthern, Saskatche-
wan, won the sweepstakes for wheat
and barley, this being the third time
he has captured the world's champion-
ship for wheat. Most of the other
sweepstakes went to Western Canada
as well.

A BLOOD-FOOD DISCOVERED THAT ENTIRELY OVERCOMES ANAEMIC WEAKNESS

CAREFULLY INVESTIGATED RE-
PORTS ESTABLISH TRULY
WONDERFUL RESULTS.

Heretofore it has often been a hope-
less task for a thin-blooded person to
gain either strength or weight. Neither
food nor medicine in many instances
had beneficial effect.

What is practically a perfect blood-
food, containing such elements as Iron,
has at last been produced, and when
taken after meals will put new life
and vigor into people that have des-
paired of ever being strong again.

This truly wonder-working treat-
ment consists of taking two small
chocolate-coated Ferrozone Tablets at
the close of every meal.

This wonderful blood-food supplies
nourishment, vim, energy—sends a
stream of vigorous, strength-making
blood to every nook and corner of the
body, makes every muscle and fibre
sing with new-found life and health.

That gnawing tiredness leaves you—
Ferrozone drives it away. Sleepless
nights are turned into periods of rest
and you pick up fast. Day by day your
appetite improves—this means more
food is transformed in nutriment that
will build and energize weak organs.
The inclination to worry passes away
because Ferrozone imparts nerve-tone
and bodily strength that prevents de-
pression.

Think it over—Ferrozone is a won-
derful tonic, in fact, it is more than a
tonic, because it establishes health
that lasts. Thousands use it and there-
by cleanse and restore the entire sys-
tem to a perfect condition. You'll feel
the uplifting power of Ferrozone in a
week—it's bound to help you if you

STEAMSHIP COMPANIES HAVE AMALGAMATED

New York, Oct. 21.—A steamship
company to be known as the Anchor-
Donaldson Line, organized by a fusion
of the interests of the established An-
chor and Donaldson steamship com-
panies' ships, has organized for Glas-
gow-Canadian passenger and freight
trade, according to a cablegram received
here today by local representatives
of the Anchor Line.

Directors of other lines will be re-
presented on the board of directors of
the new company, with Sir Alfred
Booth of the Cunard Line as chairman,
the Cunard line having large interests
in the Anchor line.

The steamers Letitia, Cassandra,
Athenia, Saturnia, heretofore flying the
flag of the Donaldson Line, will be
transferred to the new organization.

CASTORIA

For Infants and Children

In Use For Over 30 Years

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

GERMAN CRUISER SUNK IN NORTH SEA

London, Oct. 21.—A German light
cruiser has been torpedoed by a Brit-
ish submarine. The cruiser remained
afloat, although she apparently suffered
considerable damage. The an-
nouncement by the Admiralty reads:
"A British submarine just returned
from the North Sea reports that she
torpedoed a German light cruiser of
the Kolberg class early on Thursday
morning. When last seen the cruiser
was steaming slowly, in evident diffi-
culties, towards German waters."

People who know the least are apt
to assume the most.

only give it the chance. Sold by all
dealers, 50c, a box or six boxes for
\$2.50; be sure of the name of Ferro-
zone. Forwarded by mail to any ad-
dress if price is remitted to The Ca-
tarrozone Co., Kingston, Ont.

Mural Decorations In C.P.R. Station At Vancouver

The walls of the noble and spec-
tacular waiting hall of the C. P. R. sta-
tion at Vancouver have recently been
beautified by a series of mural de-
corations representing the principal
mountains seen from the line be-
tween Calgary and the coast. They
are the work of Mrs. Adelaide Lang-
ford, whose training has well qual-
ified her for this species of work,
which is in a class by itself. Mrs.
Langford studied in the Slade School
of London, England, one of the most
celebrated institutions for artistic
training, and she also is a graduate
of the Art Institute of Chicago.

Among her teachers in former years
were Professor Tonks, whose name
is well known in art circles; Prof.
Freer, whose abilities as a water-
colorist are known in two hemis-
pheres, and Mr. H. Vanderpoel, whose
book on the "Human Figure" is one
of the best ever published on figure-
drawing. Mrs. Langford was also a
member of the international jury on
art works at the St. Louis Exposi-
tion, and holds several medals.

It is perhaps to be regretted that
architectural exigencies led to the
placing of the panels to be decorated
so high that they are liable to escape
the notice of the ordinary observer,
though this is but following the ex-
ample of many edifices of the kind,
both on this continent and in Europe.

Still to people of average powers of
vision, this series of fine mural de-
corations need present no difficulty.
They will find that the laws of mural
decoration have been adhered to.

The general tone of the interior they
have borne in mind by the artist,
who has subdued her colors
so that they harmonize with the
seam part and parcel of their sur-
roundings. They are broadly and
simply executed, and will bear exam-
ination by the aid of a field glass, so
as to bring them within the range of
the convention which decrees that
the proper distance at which to look
at a picture is three times its great-
est dimension.

Following the frieze around from
the northwest corner, westward, the
following list will help to make the
series more intelligible. The first
picture is:

Mount Stephen and Kicking Horse
River, as seen from Field. This is
the gateway to the famous Yoho val-
ley, and a favorite stopping place for
tourists. The winding waters of the
river are particularly well shown.

Lake Louise, Laggan, as seen from
the chateau. Those who have visited
this place do not forget its quiet
peace and grandeur. Here we get
a glimpse of the splendid glacier, which,
as it thaws, produces the beautiful
green water of the river and lake.

The Falls at Banff are depicted
with much vigor of handling, and the
mountain background melting into
the distance is excellently treated.

Mount Temple, as seen from the
main line of the C. P. R., near Lake

Louise, is an arresting object in the
landscape, but this decoration is
scarcely so "expressive" as the one
which follows, viz:

Again, as seen by the light of even-
ing, there is much rich color in this
picture, which also shows the reflec-
tion of Mount Rundle and the giant
pines that tower aloft. The river
shown runs between Rundle and
Tunnel mountain.

Mount Agnes and the Lake in the
Clouds. This spot is reached by
bridle trail from the Chateau Louise,
and the lake nestling among the
peaks is an interesting object.

The Creek leading to Lake Moraine,
in the Valley of the Ten Peaks. In
the distance may be seen part of the
glacier from the wonderful stretch
of the ice-fields of the Rockies.

The Beehive. The queer formation
of this mountain has been well set
forth by the artist in this decoration.
It is shown as seen from the trail
from Laggan. In the distance is the
Valley of the Ten Peaks.

The Gap. The traveller who is
familiar with the C. P. R. line will
remember this spot, where after trav-
elling some miles side by side with
Bow river he enters the noble region
of mountain where sublimity reigns.

The Three Sisters forms the first
important group meeting the eye of
the traveller from the plains, and
they never fail to arouse the enthusi-
asm of the lover of natural beauty
and grandeur.

Mount Wapta. This decoration is
one of the best of the series, the com-
position of the picture being especi-
ally admirable. Mount Wapta is one
of the finest peaks in the Rockies.
This view also gives a glimpse of
Summit Lake.

Castle Mountain. The peculiar
formation of this mountain is well
shown. Its series of what are ap-
parently round towers, its pinnacles
and "donjon keeps" give appropriate-
ness to its name.

The Crow's Nest. Here likewise
we see the appropriateness of a
name. This is almost the chief
mountain on the Crow's Nest branch
of the C. P. R.

The Lions, as seen from the golf
links, Vancouver.

Cathedral Mountain. One of the
most beautiful of the whole range of
our Western Switzerland. Its every
recesses look as if they might be the
home of roaming polar bears.

Mount Regis, as seen from the main
line.

Additional interest is given to Mrs.
Langford's work from the fact that
she has been a hard working organ-
izer in the way of art. She was the
manager of the artistic educational
work of the normal and model
schools of the Manitoba Government
at Winnipeg. And it was always
with others helped in the starting of
the Vancouver Art Society, one of
which grew the B. C. Society of Fine
Arts.

Wonderful Bilious Remedy Actually Prevents Attack

There are two great causes of bil-
iousness—they are constipation and de-
fective liver action.

When Dr. Hamilton's Pills are taken
they not only correct constipated
bowels, but act upon the liver as well.
Quite unlike ordinary medicines,
which purge and give temporary re-
lief, Dr. Hamilton's Pills remove the
conditions which cause biliousness, and
thus permanent cures are effected.
No person who occasionally uses Dr.
Hamilton's Pills will ever suffer from
the headache, bad stomach or bilious
complaint. Get a 25c. box today.

GARDNER THE HAPPIEST MAN IN BASEBALL

(Boston Record.)

Perhaps the happiest player of the
Red Sox is William Lawrence Gardner,
of Enosburg Falls, Vt. He has reason to
be. His terrific hitting enabled the
Red Sox to win the most important
game of the series to date yesterday.

Gardner, recognized as one of the
most quiet players in the game, deliv-
ered the blow yesterday that sent the
Dodgers down to defeat when he col-
uted the sphere to the far centre field
fence at Ebbets Field for a home run,
scoring Hobby and Lewis, who were
stationed at third and second respect-
ively.

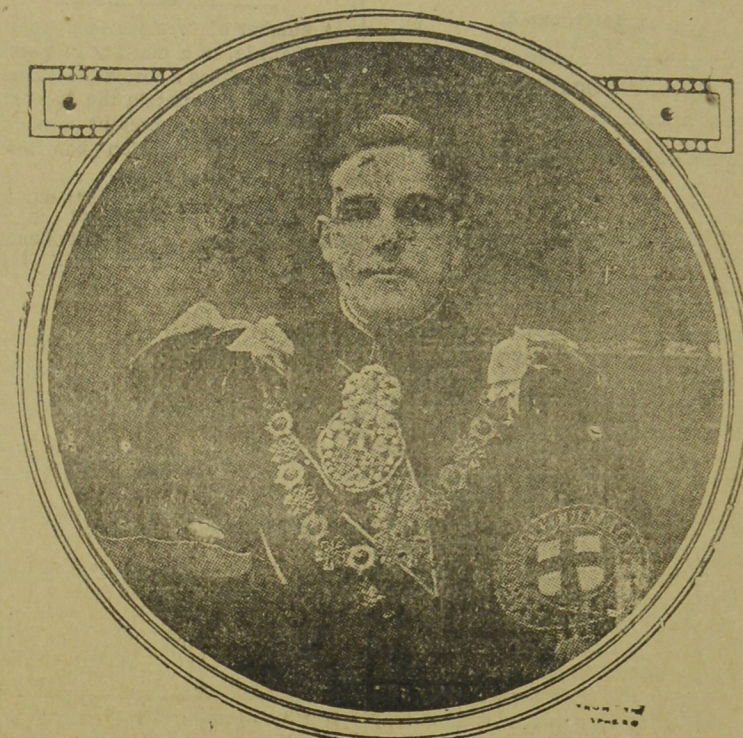
Gardner has worked hard to acquire
his fame. He has never given up. Sev-
eral times during the past year he was
in great pain as a result of a serious
leg injury, but he refused to quit. He
played the third bag better than ever
before.

"Believe me, I am certainly happy,"
said Larry when seen at Putnam's Ho-
tel on Huntington ave., this morning.
"I never felt so fine in all my life.
There is nothing to it now; it is prac-
tically impossible for the Robins to
trim us."

"The home run which I made in
Brooklyn yesterday seemed good. It
happened that it was my chance to
come through, and fortunately I did."

When you start to sit down by the
wayside of life to ponder things over
you find the space so thoroughly taken
by others that you go hopping about
your business—well, that's the way the
world goes round.

EX-KING OF PORTUGAL DOING HOSPITAL WORK



MANUEL, KING OF PORTUGAL

London, Oct. 21.—King Manuel, the former Portuguese sovereign, is
devoting himself to hospital work in England. He is especially interested
in the new orthopaedic treatment of the British wounded.

Chalmers and Overland Station

Bicycle Repairing. Firearms Repaired.
TIRES AND ACCESSORIES

Wm. C. BURTT, Fredericton N.B.
625 QUEEN STREET

After Fortune knocks at a man's door he may be able to prove an alibi even a leather medal may be some-
thing worth attaining.

PALMER'S

"MOOSE HEAD BRAND"

Oil Tanned Shoe Packs, Sum-
mer 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 ser-
vice. 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