

"TAKE CASCARETS" IF HEADACHY, BILIOUS AND CONSTIPATED

Best For Liver and Bowels, Bad Breath, Bad Colds, Sour Stomach.

Get a 10-cent box. Sick headache, biliousness, coated tongue, head and nose clogged up with a cold—always trace this to torpid liver—delayed, fermenting food in the bowels or sour, gassy stomach. Poisonous matter clogged in the intestines, instead of being cast out of the system is re-absorbed into the blood. When this position reaches the delicate brain tissue it causes congestion and that dull, throbbing, sickening headache. Cascarets immediately cleanses 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 poisons in the bowels. A Cascaret tonight will surely straighten you out by morning. They work while you sleep—a 10-cent box from your druggist means your head clear, stomach sweet and your liver and bowels regular for months.

THE SPRING GARDENER.

He bought a rake, he bought a hoe And twenty pounds of seed; In fact, he spent most all his dough For things he thought he'd need.

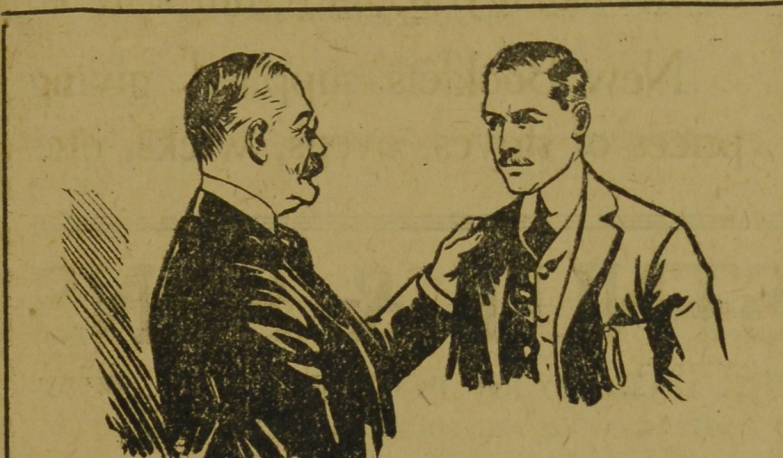
He said: "I'll have a garden fair And full of truck to eat; At radishes I am a bear, At beets I can't be beat."

He used his hoe, he used his rake From morning until night, Until his wife cried, "Goodness sake, You've made the yard a fright."

But still he only dug the more And planted every seed, Varieties a dozen score Of every kind and breed.

And then next-door chickens came And carry th'm away; They scratched that yard till they were very lame And worked the livelong day.

At home they planted all that seed, And so the man next door Said, "Hoes and rakes ain't all you need; Trained chickens are worth more."



What About Starchy Foods?

Aren't starchy foods all right? They certainly are. The starch of grains is one of the chief sources of food energy.

But some stomachs are not able to digest the starches as presented in ordinary foods, such as white bread and white flour products, which are often the unsuspected cause of digestive troubles—imperfect assimilation, fermentation and gas, biliousness, headache, constipation, anaemia and other common ills.

One food that supplies the valuable starch elements in easily digestible form is

Grape-Nuts

It is made of the energizing grains, whole wheat and malted barley, the starch cells of which are largely converted by long baking into dextrin and grape-sugar which are readily assimilated by even weakened digestive organs. Grape-Nuts digests in about one hour.

This food comes ready to eat, nourishing and delicious; and as it retains all the nutriment of the grains—including the mineral elements largely lacking in the usual dietary—it is a wonderful builder of well-balanced bodies, nerves and brains.

"There's a Reason" Grocers everywhere sell Grape-Nuts—Made in Canada. Canadian Postum Cereal Co., Ltd., Windsor, Ont.

Slants Of Humor

SAVING HIS EXCUSES.

"How would you like to go with me on a fishing trip in a few weeks?" the fat plumber asked his friend, the thin carpenter.

"I'd like it all right," the carpenter returned, "but I am afraid it out of the question."

"Why?"

"I couldn't think of an excuse to give my wife for going out of town at this time."

"Haven't you any good excuses at all?"

"Yes, but I don't want to use them just now."

"Why not?"

"Well, to tell the truth, I am saving them up for house-cleaning time."

"My poor woman," said the settlement worker, "what can I do to relieve your distress?"

"Can you sing, ma'am?"

"Why—er—a little."

"I wish you'd sing some of the new ragtime songs, ma'am. Me and my husband ain't been to a cataret in two years."

The average wife doesn't have to think very hard when she is telling her husband what she thinks of him.

A DIFFICULT JOB.

In making both ends meet just now There is anything but sport; For in most every case, somehow, The financial end is short.

Shortly after the death of one of England's great poets, a devoted admirer visited the little village where the poet had lived and died. The stranger entered into conversation with an old man, a native of the village, remarking sadly on the death of the poet.

"Aye, aye, sir," answered the man, consolingly. "Still, I mak' no doot but the wife'll carry on the beensness."

PERSONAL

Mr. B. W. Howe of Patton, Me., is a guest at the Barker House.

Mr. H. C. McCluskey of St. John, is in the city.

Mr. D. T. Pernfuss of Berlin, Ont., is in the city.

VALLEY RAILWAY CLAIMS SETTLED BY MR. BLANCHETTE

Reply to a Question by Mr. Pelletier in the Legislature Brings Out a Lot of Information—Many York County Residents in the List—N. B. and British Colonization Company Had Largest Claim.

Hon. Dr. Landry, in reply to Mr. Pelletier's inquiry in the House on Tuesday, said:

1. How long was Mr. F. P. Blanchette, auditor, engaged in settling the right of way for the St. John and Quebec Railway Co., and when did he resign?

Answer—Mr. F. P. Blanchette, appointed December 6th, 1915, resigned January 29th, 1916.

2. What claims for right of way were settled by him and for what amounts? How did these amounts compare with the amounts asked? What claims were also settled by Mr. Dunlop, and what claims, if any, by Mr. Maxwell, Provincial Railway Engineer? What amounts were paid in settlement of each claim, and what amount was asked?

Answer:

(a) Settled by Mr. Blanchette:

	Claimed.	Paid.
Jacob O. Porter and H. B. Scott, trustees Baptist Church, Meductic.....	\$ 500.00	\$ 100.00
Amaziah Baker, Wakefield.....	15.00	15.00

(b) Settled by Mr. Dunlop:

Jos. Rosborough and Sarah Porter, Dumfries.....	60.00	60.00
Chas. Gough, Woodstock..... (arbitration)	757.60	757.60
F. Byron Bull, Woodstock..... (arbitration)	1,309.11	1,309.11
V. Barnett, Woodstock.....	75.00	75.00
N. B. & British Col. Co., Ltd., Centreville, Meductic, and Queens County.....	1,725.00	1,725.00
J. C. Hartley et al, Woodstock.....	1,500.00	1,500.00
A. Susan Gough, Woodstock.....	25.00	25.00
A. Barnett, Woodstock.....	120.00	120.00
Newton Bull, Woodstock.....	200.00	100.00
Samuel Spearman, Woodstock.....	50.00	50.00
York & Sunbury Milling Co., Dumfries.....	370.00	370.00
James F. Miller, Kingsclear.....	50.00	50.00
P. Glasier, Lincoln.....	27.00	27.00
Estate Albert True, Lincoln.....	42.75	42.75
Mrs. Ellen True, Lincoln.....	15.00	15.00
Mrs. R. T. Babbitt, Burton.....	10.00	10.00
C. Turney, Burton.....	500.00	500.00
Frank Coy, Gagetown.....	325.00	325.00
N. L. Napier, Woodstock.....	750.00	700.00
William Fewer, Wilmot.....	10.00	10.00
F. B. Carvell (Eliza Secord and Patrick Kennedy), Wilmot.....	80.00	80.00
W. Pryor, Wilmot.....	150.00	150.00
John Martin, Wilmot.....	100.00	100.00
R. Retallick, Oromocto.....	200.00	200.00

(c) Settled by Mr. Maxwell:

Mrs. Camber, Kingsclear.....	20.00	20.00
Thomas Gray, Kingsclear.....	1,000.00	1,000.00
Basil Goodine, Kingsclear.....	75.00	75.00
L. Goodine, Kingsclear.....	150.00	150.00
G. W. Burden, Kingsclear.....	70.00	70.00
Murray Long, Kingsclear.....	60.00	60.00
Luke Kelly, Kingsclear.....	25.00	25.00
Moses Kitchen, Kingsclear.....	30.00	30.00
Ludlow Brymer, Dumfries.....	10.00	10.00
W. E. Scott, Dumfries.....	75.00	75.00
R. D. Moody, Dumfries.....	40.00	40.00
Mrs. A. Dow, Canterbury.....	66.00	66.00
John Connor, Woodstock.....	4,000.00	4,000.00
S. A. Perkins, Wilmot.....	150.00	150.00
A. B. Connell, Wilmot.....	200.00	200.00
W. B. Patterson, Canterbury.....	20.00	20.00
Ruth E. Franklin, Woodstock.....	1,040.00	1,040.00
Eliza Gunter, Canterbury.....	200.00	300.00
Wilmot A. Dow, Canterbury.....	100.00	100.00
Mrs. Chas. Merrithew, Wilmot.....	200.00	200.00
H. B. Day and J. A. Day, Burton.....	73.65	73.65
Mrs. L. Weston, Gagetown.....	200.00	200.00
Dora I. Coy, Gagetown.....	75.00	75.00
H. J. J. Briggs, Gagetown.....	50.00	50.00
O. McNamara.....	240.00	240.00
William Frier, Lincoln.....	125.00	125.00
Mrs. A. Coy, Gagetown.....	100.00	100.00
Mrs. Jane Grass, Wakefield.....	85.25	95.25

3. Are there any claims for right of way unsettled? If so, whose, and what amount is each asking in settlement?

Answer—There are some few claims for right of way still unsettled, but it is not considered in the public interest to state the names of the claimants and the amounts asked in each instance.

Hon. Dr. Landry, in reply to Mr. Du-

gal's inquiry:

1. Were tenders advertised for in the principal newspapers of New Brunswick for the construction of buildings, pavilions and other work of a permanent nature at Jordan Sanatorium in 1912, 1913, 1914, and 1915?

Answer—Yes.

2. If so, who tendered for the work, the contract for which was awarded to J. E. Humphreys and Andrew Moore, and what were the figures submitted?

Answer—Tenders were received as follows:

F. W. Lutes, Sussex.....	\$12,425
O. J. Dunham, D. Jonah, Moncton.....	11,900
J. E. Humphreys and A. Moore, Petitcodiac.....	8,634

Awarded to the lowest tenderer, J. E. Humphreys and A. Moore.

3. Were tenders asked for in the same public way for the sewerage contract awarded to Sumner Company, of Moncton? If so, who tendered and what were the figures of each?

Answer—Yes. One verbal tender received from R. M. Tobias, of St. John, Sumner & Company, Moncton, \$3,400. Awarded to Sumner & Co. by vote of the board, it being the lowest tenders.

Tenders were asked for and received

as follows foreexcavating sewer tank and filter beds:

F. Miller.....	\$690
C. Shaw.....	500
F. Mitton.....	500
J. Miller.....	475

The contract was awarded to J. Miller.

4. Were tenders asked for in the same way for plumbing and heating, the contract for which was awarded the Sumner Company of Moncton? If so, who tendered and at what figures?

Answer—Tenders were received as follows:

For heating and plumbing only J. H. McParland & Sons.....	\$6,350
For lighting only, J. H. McParland & Sons.....	1,900

Total..... \$8,250

Heating and plumbing only, W. B. McDonough.....

Heating and plumbing only, C. & E. Blake.....

Heating only, 3 pavilions, P. Campbell & Son.....

Plumbing only.....

Heating main house.....

Lighting, 19 lights.....

Electric, outside.....

Electric, all.....

Total..... \$6,233

For lighting alone: Monitor Mfg. Company— 21 side lights..... \$906 21 wall lights..... 890 1,796 Webster Hister Company— 22 lights, globes, etc..... \$607 Electric, extra..... 108 716 Sumner Co., plumbing, heating and lighting inclusive..... 5,770 This plumbing, heating and lighting contract was awarded to Sumner Co., they being the lowest tenderer.

5. Is the F. W. Sumner, who is a member of the Jordan Memorial Sanatorium Commission, which awards the contracts, the same F. W. Sumner in the Sumner Co., of Moncton, referred to in the preceding questions?

Answer—Yes, but he did not sit at the board at the time of the awarding of the tender for plumbing, heating and lighting, as he was absent in England.

6. Was the Sumner Co. of Moncton, not paid large sums on capital and maintenance account, Jordan Memorial Sanatorium, namely, in 1913, \$7,779.37; 1914, \$4,906.27; 1915, \$5,856.52?

Answer—Yes.

7. Have there been any payments to this company since the close of the fiscal year 1915, and if so, to what amount?

Answer—Yes, the amount of \$529.57.

Soap and powdered chalk mixed and rubbed on mildew spots will remove them. To expedite matters, let the spotted article lie in the sun for a few hours, dampening it again as it dries.

Wood's Phosphorine, The Great English Remedy. Tones and invigorates the whole nervous system, makes new blood in old veins, cures Nervous Debility, Mental and Brain Worry, Despondency, Loss of Energy, Palpitation of the Heart, Failing Memory. Price \$1 per box, six or \$5. One will please, six will cure. Sold by all druggists or mailed in plain pkg. on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (Formerly Windsor.)



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For Baby's Bath

The creamy softening lather of Baby's Own Soap and the fragrance of its delicate aroma leave the skin cleansed—refreshed—aromatized

Four generations of Canadian mothers have used and recommended it.

In the interest of your children's skin insist on Baby's Own Soap

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CAN GET SOMETHING NEW FOR EASTER FROM OUR CAREFULLY SELECTED STOCK.

LADIES' SPRING SUITS, \$8.00 to \$30.00; LADIES' COATS, \$5.00 to \$18.00; CHILDREN'S COATS, \$1.00 to \$8.50; SILK WAISTS, \$1.25 to \$5.00; VOIL WAISTS, 75c. to \$3.75; MIDDIES, 75c. to \$3.75; BOYS' WASH SUITS, 75c. to \$3.00.

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Ladies' and Children's Dresses in many styles and all sizes.

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