

## WAS ANAEMIC FOR OVER A YEAR

Anaemia, or blood turning to water, is caused by the heart becoming deranged, and if the heart becomes weakened it cannot pump the blood as it should.

As a result the blood becomes impoverished, and it loses its nourishing qualities. The face becomes pale and thin, and the lips bloodless. There is a weakness, tiredness and loss of weight.

When those suffering from thin or watery blood start taking Milburn's Heart and Nerve Pills, they can see a change from the outset.

Every dose introduces into the blood those vital elements necessary to make it rich and red. The pale cheeks take on the rosy hue of health, the weight increases, and the whole being thrills with a new life.

Mrs. R. J. Grey, Fredericton, N. B., writes: "When I was a girl working at general housework I overtaxed my strength and became completely run down. For over a year I was very bad with anaemia. A friend told me to try Milburn's Heart and Nerve Pills so I got a box and when it was done I felt and looked so much better I decided to get six more. When I had taken them I had gained not only in strength, but in flesh and color, and best of all was good health."

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.

## "THE CLIMBERS" IS COMING NEXT WEEK

The cast that played here last year in "The House Next Door," are coming to Fredericton and will be seen in that famous comedy-drama, "The Climbers" in the Opera House on next Wednesday. Mrs. A. C. Wilson, president of the St. John Dramatic Club, will supervise the performance. It has just played to packed houses in St. John, and should meet with a generous patronage in Fredericton.

The W. V. R. will run it under their auspices and the entire proceeds are for Red Cross purposes. The time is November 23; the place is the Opera House; and the occasion will be the presentation of "The Climbers."

The company are only asking their railroad fare.

### WORLDLY WISDOM.

A woman's heart makes the music of the world grow sweeter.

You can't bring up a boy anything like as good as nature can.

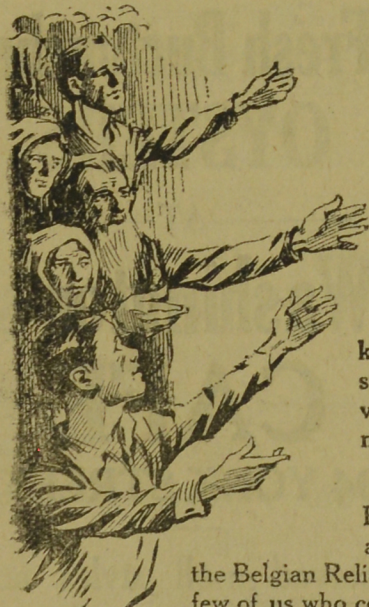
There is something in a good action that makes you smile all over.

A man is never monarch of all he surveys in the kitchen.

The work that makes the least noise in the world is the work that is making the world go round.

## CASTORIA

For Infants and Children  
In Use For Over 30 Years  
Always bears  
the  
Signature of *Chas. H. Hitchcock*



## AMERICAN BARK MAY HAVE BEEN LOST

London, Nov. 22.—The American bark Manga Reva, 2213 tons, was in distress in the Atlantic ocean, off the coast of France, and possibly may have been lost, according to a despatch to Lloyds from Falmouth.

The bark was last reported as arriving at Leon on Nov. 5th from Rotterdam, and probably was westbound.

The Lloyds report says: "The Dutch steamer Ryndam reports that she received an SOS signal on Sunday in latitude 47 north, longitude 14 west, from the American ship Manga Reva, saying 'Come as quickly as possible, am drifting before the wind with no boats.'"

"The Ryndam signalled that she was coming at full speed, and sent a wireless to the American steamer Rockingham to proceed to the assistance of the Manga Reva, the Rockingham being nearer."

"Neither steamer, however, could find any trace of the missing bark, and proceeded on their voyage."

The Rockingham before departing sent a wireless saying a French auxiliary cruiser was looking for the Manga Reva.

## CHICAGO DIET SQUAD IS DOWN TO WORK

Chicago, Nov. 22.—Twelve employees of the Chicago Health Department today began a two weeks experiment to demonstrate that a person can live properly on 40 cents a day. At the first meal was served at 8:02 o'clock.

Dr. John R. Robertson, health commissioner, directed the "diet squad" to learn to eat slowly, asserting that the faster you eat the more you eat. Forty minutes was allowed for breakfast, the menu for which consisted of fresh apples, liver, bacon, one egg, muffin, butter and coffee.

Each dieter was pledged to deny himself all nourishment except the meals prepared at the School of Domestic Arts and Sciences. Dr. Robertson announced, however, that they might drink water, chew gum and smoke, if they desire.

### An Important Experiment.

The experiment is attracting wide attention, especially among physicians and economists, numbers of whom have asked for specimen menus and reports of progress.

Six men and six women are making the test. Throughout the two weeks they will pursue their regular vocations in an attempt to keep conditions as nearly normal as possible.

At the outset the weight of the women varied from 161½ to 110 pounds, and that of the men from 220 to 147½ pounds. The heavyweight is Dr. A. B. Stokes, chief of the city's food bureau.

A home never seems happier than when you sniff the odor of the "pancakes" as you hang your hat up in the hall.

## A BLOOD-FOOD DISCOVERED THAT ENTIRELY OVERSICOM ANAEMIC WEAKNESS

CAREFULLY INVESTIGATED RE-  
PORTS ESTABLISH TRULY  
WONDERFUL RESULTS.

Heretofore it has often been a hopeless 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 despaired of ever being strong again.

This truly wonder-working treatment 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 depression.

Think it over—Ferrozone is a wonderful tonic, in fact, it is more than a tonic, because it establishes health that lasts. Thousands use it and thereby cleanse and restore the entire system to a perfect condition. You'll feel the uplifting power of Ferrozone in a week—it's bound to help you if you only give it the chance. Sold by all dealers, 50c. a box or six boxes for \$2.50; be sure of the name of Ferrozone. Forwarded by mail to any address if price is remitted to The Cattarhogue Co., Kingston, Ont.

## HUGHES SENDS CON- GRATULATIONS TO WILSON

Sacramento, Cal., Nov. 22.—Secretary of State Frank C. Jordan announces that unless certain mistakes and omissions discovered in returns of the election from Yuba county and Orange county are corrected, he will withhold the certificates of election to presidential electors from California.

Should this be done, there undoubtedly will be delay, if not a serious situation, possibly affecting even the re-election of President Wilson, since the election depends on the votes of the thirteen presidential electors from California.

### Hughes Gives Up.

Lakewood, N. J., Nov. 22.—Charles E. Hughes, Republican candidate for president in the recent election, tonight sent to President Wilson a telegram congratulating him upon his re-election.

In his telegram Mr. Hughes said: "Because of the closeness of the vote I have awaited the official count in California, and now that it has been virtually completed permit me to extend to you my congratulations upon your re-election. I desire also to express my best wishes for a successful administration."

## CANADIAN CASUALTIES HAVE TOTALLED 42,000

Ottawa, Nov. 22.—Canadian casualties since the first of June last have totalled over 42,000, or a little over twice the total of casualties from the time the Canadians first got into the trenches until the end of May. In June there were 11,797 Canadian casualties reported; in July 3,684, in August 3,079, in September 9,051, and in October 14,321. The casualties this month have been so far decidedly lighter than in September or October, but will still average several score per day.

The casualties and wastage, through rejection of men found physically unfit on the second medical examination during the past five months total approximately 15,000 more than the total number of enlistments.

In September and October total casualties were double the total of new recruits. The figures show the need of government action to systematize and speed up recruiting.

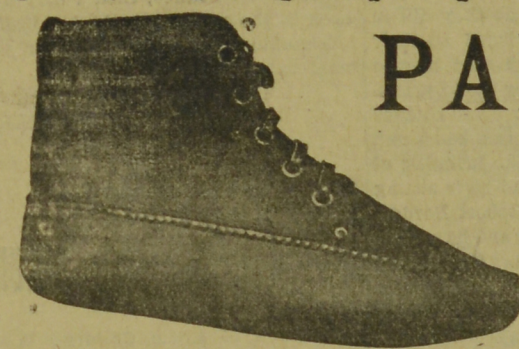
## BREAKS A BAD COLD IN A JIFFY! TRY IT

You can end gripe and break up a severe cold either in head, chest, body or limbs, by taking a dose of "Pape's Cold Compound" every two hours until three doses are taken. It promptly opens clogged-up nostrils and air passages in the head, stops nasty discharge or nose running, relieves sick headache, dizziness, feverishness, sore throat, sneezing, soreness and stiffness. Don't stay stuffed up! Quit blowing and sniffing! Ease your throbbing head—nothing else in the world gives such prompt relief as "Pape's Cold Compound," which costs only 25 cents at any drug store.

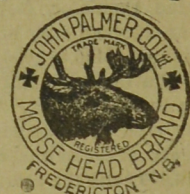
If there are any new kinds of domestic tragedies, the authors of the picture plays haven't yet discovered them.

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into Becoming  
Shrewd Buyers**

**The Daily Mail**  
is a First Class  
ADVERTISING MEDIUM



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**"MOOSE HEAD BRAND"**

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

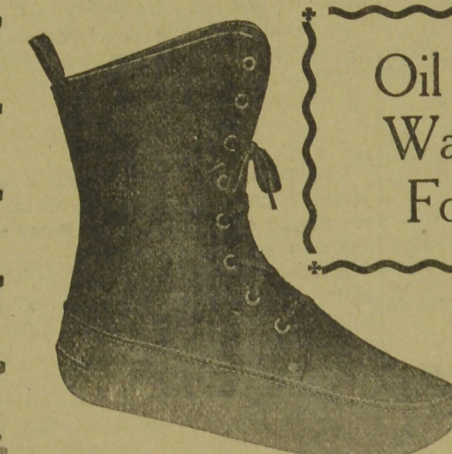
Acknowledged by all to be the leading goods of their kind.

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.**

FREDERICTON, N. B.

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



**Oil Tanned  
Waterproof  
Footwear**

Sold by the  
Leading  
Dealers  
Everywhere



\$2.50 a month—less than 10c. a day—will do it! How easily you could save that much from your little indulgences—and how much it would mean to some Belgian mother and her hungry little ones!

Wouldn't a little self-denial now be richly repaid by knowing, when the war is over, that you had done your part, and had saved precious lives for our unfortunate Allies?

Enroll your name to-day among those who are doing their bit in this way! Send your subscription weekly, monthly or in one lump sum to Local or Provincial Committees, or

Send Cheques  
Payable to  
Treasurer **Belgian Relief Fund**

59 ST. PETER STREET, MONTREAL.

**\$2.50 Feeds a Belgian Family One Month.**