

WAS ANAEMIC FOR OVER A YEAR

Anaemic, or blood turning to water, is caused by the heart becoming de-ranked, 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.

Big Freight Traffic On Intercolonial

Ottawa, March 26.—F. P. Gutelius, general manager of the Government Railway systems, is in Ottawa, in consultation with Hon. Frank Cochrane regarding arrangements for the season's traffic. The Intercolonial has had an exceedingly busy winter, while the movement of freight in the coming months promises to be unprecedented because of the great volume of overseas exports.

The motive power and rolling stock is being greatly increased. The latest additions provided for are shown in a contract made last week for fifty new locomotives.

CASTORIA

For Infants and Children
In Use For Over 30 Years

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

There is an element of success in every man, yet he seldom utilizes it until some smart woman takes him in hand.

The humorist is a philosopher who breaks the sad news gently to the world because he is sorry for it.

Caution to the phonetic: The party at the other end of the line can't see your smile but he can hear your TS your smile, but can hear your grouch.

HOW CITY AND COUNTRY CAN WORK TOGETHER

Closer Cooperation Urged by Principal Cummings of the Nova Scotia Agricultural College---Supply the Farmers with Fertilizers and Receive Vegetables in Return---How to Promote Greater Production.

(Halifax Chronicle)

"I never met so large a proportion of men interested in farm and garden production as I have during the past month," said Principal Cummings yesterday, in reply to a question from a representative of the Chronicle. "It is particularly noticeable," he added, "in the case of city men, some of whom are planning to establish gardens, others of whom have plans for the cultivation of commons and other unused property, and still others of whom have still other schemes."

"All of this is splendid," added the principal. "None the less, there is likely to be a good deal of misguided effort."

The city man, who has a nice piece of fairly deep and well drained land at which the sun can get and who plans to do most of his work in hours which he would otherwise waste, will not only make a contribution to the food supply of the Empire, but will learn the luxury and healthfulness of crisp, fresh vegetables right out of his own garden. If he is a man of small income, he will appreciate this means of reducing his cost of living. Perhaps too, he will learn that it takes more work and more manure or fertilizer to grow a garden than he thought. Still, if he is in a position to do so, it will be a good thing if he will do some gardening.

A Practical Suggestion.

"But there are lots of city men who have no ground, or whose ground is too shallow or full of burdocks or badly drained to pay for the work it would cost to grow a garden. In this case I have a scheme to suggest, which I think is well worth the consideration of city men who would like to make some contribution to the food supply of the Empire. I must start at the farmer's end in order to explain the scheme."

"There are hundreds of farmers in Nova Scotia who, because of labor shortage, will not be able to cultivate any more ground this year than they did last year. However, these farmers can make their cultivated ground more productive by increased cultivation and increased fertilization. It is possible, for example, on a well cultivated field to produce from three to

four hundred bushels of potatoes per acre instead of 150 to 200 bushels, by simply adding one thousand to fifteen hundred pounds more fertilizer per acre than it was planned to use.

Some farmers are not afraid to buy this extra amount of fertilizer, but others, because of shortage of capital or lack of confidence or fear of the fall market, will not do so, and consequently hundreds of acres in Nova Scotia that might be producing maximum crops will be producing only 50 per cent to 75 per cent of that maximum."

Provide the Fertilizer.

"My scheme," continued the principal, "is that city men send to their farmer relatives or friends, or farmers with whom they can be brought in touch, a half-ton or a ton or more fertilizer and that an agreement be drawn up in which the farmer agrees to add this amount of fertilizer to the amount which he had originally planned to use."

"Also, and this is an important part of the scheme, appealing alike to the self-pride and independence of the farmer and to the interests of the city man who contributes the fertilizer, the farmer shall enter an agreement to return to the city man vegetables and other farm produce, the city man agreeing to pay a fixed minimum price."

"This fixed minimum price is an important feature of Lloyd George's plan for speeding up agricultural production in Great Britain. He recognized that he could not appeal effectively to the farmers for increased production as long as there was a possibility of the prices being lower than the cost of production prevailing at harvest time. In the British scheme, however, and likewise in this smaller scheme, a fixed minimum price is agreed upon, and it is agreed that should the prevailing market price be higher than the fixed minimum price, the farmer is to reap the benefit."

"A concrete instance is herewith presented: A city man sends to a farmer one thousand pounds of high grade fertilizer at a cost of \$18. He agrees with the farmer to accept repayment for this in potatoes at the fixed minimum price of 75c. per bushel, which means that the farmer is to ship him 25 5-7

ACIDS IN STOMACH SOUR THE FOOD AND CAUSE INDIGESTION

"Pape's Diapepsin" Fixes Sour, Gassy, Upset Stomachs in Five Minutes.

If what you just ate is souring your stomach or lies like a lump of lead, refusing to digest, or you belch gas and eructate sour, undigested food, or have a feeling of dizziness, heartburn, fullness, nausea, bad taste in mouth and stomach headache, you can surely get relief in five minutes.

Ask your pharmacist to show you the formula, plainly printed on these fifty-cent cases of Pape's Diapepsin, then you will understand why dyspeptic troubles of all kinds must go, and why it relieves your out-of-order stomachs or indigestion in five minutes. "Pape's Diapepsin" is harmless; tastes like candy, though each dose will digest and prepare for assimilation into the blood all the food you eat; besides, it makes you go to the table with a healthy appetite; but what will please you most is that you will feel that your stomach and intestines are clean and fresh, and you will not need to resort to laxatives or liver pills for biliousness or constipation.

This city will have many "Pape's Diapepsin" cranks, as some people will call them, but you will be enthusiastic about this splendid stomach preparation, too, if you ever take it for indigestion, gases, heartburn, sourness, for dyspepsia, or any stomach misery.

Get some now, this minute, and rid yourself of stomach misery and indigestion in five minutes.

A. McKIM, LIMITED.

Great Canadian Advertising Agency
Appoints New Executive.

The new executive of A. McKim, Limited, Advertising Agency, of Montreal, Toronto, Winnipeg and London, Eng., has been announced.

During the last few years the late Mr. Anson McKim had gathered about him an executive staff capable of relieving him of all but a general oversight of the rapidly growing business of the advertising agency, which he founded nearly thirty years ago, and which now comprises four offices in different cities and over 140 employees.

Since his death, these experienced men have been carrying on the work in the same efficient way that has characterized "McKim's" for so many years. The personnel of the executive as now organized is J. N. McKim, president and treasurer; Mrs. Anson McKim, vice-president; W. B. Somerset, general manager; H. E. Stephenson, secretary; C. T. Pearce, manager at Toronto; Thos. Bell, manager at Winnipeg; W. Keeble, manager at London, Eng.

It is of potatoes, which the city man accepts as full payment, even if the prevailing price should be only 50 cents a bushel.

"The city man's additional reward in this case comes from the fact that he has done something to increase the food supply of the country. If, on the other hand, the prevailing price for potatoes should be \$1 per bushel, the city man would not prevent the farmer from taking advantage of this, and so would expect only eighteen bushels in payment for the fertilizer."

Some of the crops which Principal Cummings recommended to come under this scheme were potatoes, beans, such vegetables as beets, carrots, turnips and others of a not easily perishable character, wheat or buckwheat, to be sent to one of the local mills and manufactured into white flour or graham flour and various cereal breakfast food products, etc.

Of Mutual Advantage.

An incidental advantage which likely would accrue from this scheme was that it would bring individual city men in touch with individual farmers and so would help in a measure to solve marketing problems.

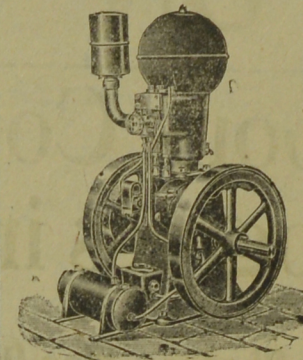
Also in so far as it would bring the city man into touch with the farmer it would give him an interest in and an appreciation of the farmer's work which he had not heretofore possessed. From the farmer's standpoint, it would prove an educative scheme, educating as it will along the lines of increased production from a given acreage. Also it would help him in some of his marketing problems and in many cases it would be especially appreciated because the contributed fertilizer would help the farmer to add to his contribution to the food supply of the Empire.

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