

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Charles H. Fletcher

In Use For Over 30 Years

The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

OF INTEREST TO WOMEN.

GYMNASTICS IN THE HOUSE.

Housewives Can Improve Their Carriage with Housework.

There are quite a good many housewives who really do believe that the reason they do not have better set-up and gracefully rounded figures is because they are not able to go to a gymnasium for systematic practice.

They forget that in the daily housework they have really the best possible opportunity for bodily development and that bed making and sweeping, if done as they should be, are better muscle developers than parallel bars or rowing machines.

The Way You Stand and Walk.

What really counts is the way you stand, the way you sit and the way you walk, not during the brief minutes you may take for special exercises, but when doing the daily tasks.

When you sit, make an effort always to have the lower part of the back touching the back of the chair. When you lean forward, bend at the hips, never at the waist or shoulders. Never get the eyes nearer to your work by slouching the shoulders, as this produces a tendency to round shoulders, with inevitable contraction of the lungs.

The habit of deep breathing is one can be acquired most satisfactorily when one is working around the house, especially when the work is active enough so that the windows can be thrown open for the fresh air.

With deep breathing goes the acquirement of a good posture.

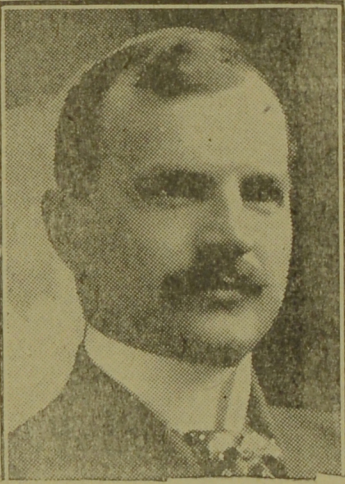
Learn to Walk.

One of the most usual of the house-

wife's complaints is flat-foot or broken arches. This can and has been not only warded off, but actually cured. There are certain definite exercises that can be gone through morning and night for this condition. But better still, go through these movements in the steps taken in the course of the day.

There is a tendency to turn the feet out in broken arches, and this should be counteracted by walking slightly pigeon-toed, with an effort to bear the weight on the outer side of the sole and to rise on the ball of the foot, pressing slightly on the toe at the end of each step. A high stool in the kitchen helps a good deal in this ailment.

Needless to say, the shoes should be roomy enough to permit the foot to rest comfortably in standing, but they should be tightly laced at the arch and ankle.



LIEUT. COL. P. E. BLONDIN, Who is to Raise a regiment for active service.

POINTED PARAGRAPHS.

There is more than a gallon of trouble in some pint bottles. An office holder soon forgets that he was once an office seeker.

Don't get into the habit of going around with your bristles up. Go right and you will have plenty of elbow room.

Many a man has to pocket his pride so often that his trousers get baggy. Lots of people who have opinions but no convictions ought to be con-

NOTICE

THE attention of owners of Stallions is drawn to "An Act to Provide for the Inspection and Registration of Stallions," 5th George V., Cap. 18, and 6th George V., Cap. 44, under which all stallions travelled or offered for service must be enrolled at the Department of Agriculture on or before the 1st day of May, 1917.

Inspectors will be appointed by the Department to report on each animal before a certificate is issued. Evidence of breeding and ownership must be submitted and a fee of \$2.00 forwarded with the application.

Further information can be obtained by applying to the DEPARTMENT OF AGRICULTURE, Fredericton, N. B.

Sporting News

CHAMPIONSHIP TITLES TO BE ELIMINATED IN AMERICAN ATHLETES

Move Taken to Prevent Conflict With Recruiting—The Authorities Asking That all Athletes Join Navy or Army

New York, April 20.—The elimination of championship titles in amateur sports during the war in order to do away with the attraction such games would have for athletes is very probable, following the adoption of resolutions by representatives of four bodies controlling the foremost branches of organized amateur sports.

Officials of the Amateur Athletic Union, the Intercollegiate Athletic Association, the U. S. National Lawn Tennis Association, endorsed the resolution. The move provides that all scheduled competitions contemplated shall be held regardless of war conditions, and that the competition be thrown open to the public.

Medals and other similar awards denoting championships, however, will not be awarded.

Instead, certificates will be issued indicating the winners, but stating that, owing to war conditions, championships will not be recognized.

The government, it is stated, will not be embarrassed in any way in its army. The aim, it is declared, will be to help in every way possible to send athletes into the army and navy, and, in addition, help to condition other men.

The resolution recommends that, during the war, athletic meetings should be held as patriotic demonstrations.

DARCY INVITED TO GO HIS FIGHTING IN FRANCE

Toronto, April 22.—E. J. Baxter, the chairman of the publicity committee of the Canadian and Red Cross Patriotic Funds, Windsor, Ont., makes an absolute denial of the statement attributed to Grant Hugh Browne, that the latter's offer to have Les Darcy box under the auspices of the organization was being considered.

"The proposition was never considered by the committee," says Mr. Baxter. "Browne was told that if Darcy wanted to fight he could go to France, where he was needed."

BEN LEONARD AMERICAN LIGHTWEIGHT CHAMPION

Milwaukee, April 19.—Benny Leonard, of New York, tonight won the lightweight championship of America by knocking out Richie Mitchell of Milwaukee in the seventh rounds of the prettiest fight ever staged in this city. The boys were fighting from the first tap of the gong until Richie, with tears streaming down his face, was carried from the centre of the ring to his corner, put to sleep by a right-cross which dropped him as though he were shot.

JOHNNY KILBANE HAS IT ALL OVER MATT BROCK

Cleveland, April 19.—Knocking Matt Brock down twice for the count of nine and once for the count of seven and twice for the count of four, and outpointing him throughout the greater part of the ten rounds, Johnny Kilbane tonight left only slight doubt of his superiority over Brock.

HOOF PRINTS.

Vance Nuckols is to race some horses over the half-mile tracks for Harry Devereux. This is pleasing to Vance's friends, as only a few years ago Devereux was opposed to even allowing Nuckols to train over the North Randall course.

Helen of Troy and Colonel have been matched for \$250 a side, the race to be decided at Dover next Thursday. This is another Concord-Manchester clash which means plenty of excitement. Miss Winnifred and McCully will meet the same day to settle a \$200 wager.

Single G., 2.00, and Ben Earl, 2.00½, will meet in a special match race at Youngstown, O., July 12. The race will be 3 in 5 for a purse of \$1,500, winner to take all. Tommy Murphy offers to match Directum I against the winner over the same track for any amount from \$500 to \$5,000 a side, but the race must be 2 in 3.

BAN JOHNSON MAKES THREAT OF CLOSING HIS BASEBALL PARK

Proposed War Tax on Professional Baseball Will be Opposed by Large Number of Leagues.

Chicago, April 21.—Club owners in the American League will be forced to close their parks if a war tax on baseball, suggested in the Administration revenue programme, is demanded from them instead of from the patrons of the sport, President Johnson of the American League said today.

"I have figured that the tax would amount to about \$250,000 for the season," Mr. Johnson said. "That would more than wipe out our profits. We would have to close our gates."

Because of the danger facing the game, half a dozen minor league presidents plan to go to Washington next week to oppose the legislation which, they say, would drive smaller leagues out of business.

A. R. Tearney, president of the Three I League, after a conference with President Hickey, of the American Association, asked Frank C. Zehrung, president of the Western League, Edward Barrow, president of the International League, and John H. Farrell, secretary of the National Association of Professional Baseball Leagues, to join them in Washington to represent the minor leagues throughout the country.

Wood's Phospholine,
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 for \$5. - One will please, six will cure. Sold by all druggists or mailed in plain pkg. on receipt of price. *See pamphlet mailed free.* THE WOOD MEDICINE CO., TORONTO, ONT. (Formerly Wiesner.)

REPRESENTATIVE WANTED
AT ONCE FOR
FREDERICTON AND DISTRICT
—FOR—
Canada's Greatest Nurseries

SPRING 1917 LIST NOW READY.
Splendid list of hardy fruit and ornamental stock suitable for the Maritime Provinces, including
McINTOSH RED APPLE.
ST. REGIS EVER BEARING RASPBERRY.
And many other leaders.
New illustrated catalogue sent on application.

Start NOW, at Best Selling Time. Liberal proposition.
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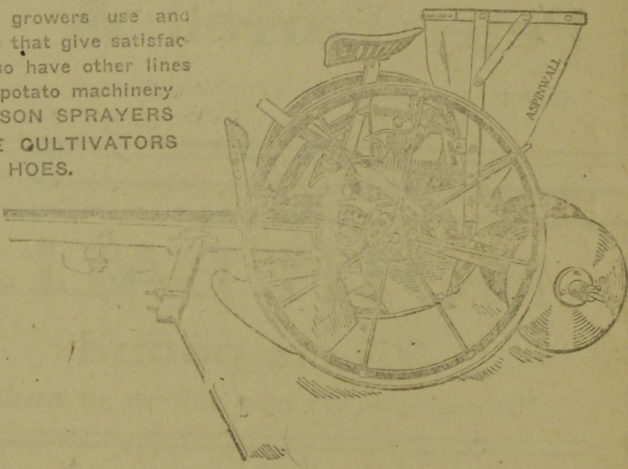
We Sell the Famous Sherlock-Manning Player Piano

All the Latest Sheet Music on hand

E. O. MacDonald
Music Store 560 Queen Street

We Sell the ASPINWALL and IRON AGE (Robbins) Potato Planters.

These are the Planters the large potato growers use and are the kinds that give satisfaction. We also have other lines of up to date potato machinery including WATSON SPRAYERS JOHN DEERE CULTIVATORS and HORSE HOES.



J. CLARK & SON Ltd.

PUT A SILENT CLOSET IN YOUR NEW BATHROOM

There are times when you cannot even pretend not to notice the sound a noisy closet makes. Why let such a closet stay in your house, disturbing you, embarrassing your guests? Why not install a quiet operating closet that flushes thoroughly, yet silently?

THE SI-WEL-CLO operates so quietly it cannot be heard beyond a closed door. It is made of Vitreous China. Its highly glazed surface will not tarnish, crack nor peel.

D. J. SHEA & SON

Mail Ads Will Bring You Results

New Curtain Muslins, Scrims, Art Sateens and Cretonnes.

CURTAIN MUSLINS in neat spot and floral designs, all white, 36 inches wide at 18c per yard.
SCRIMS, in white, cream and ecru, plain and fancy hemstitched borders; also white with colored border, from 18c to 15c per yard.
CURTAIN NETS in a variety of widths and patterns, white and ecru, from 18c to 60c per yard.
MADRAS MUSLINS in very pretty color combinations, from 40c to 60c per yard.
SASH CURTAINING, white and ecru, at 18c per yard.
SCRIM CURTAINS at \$2.50 and \$4.00.
ART MUSLINS in floral designs, and plain with colored borders, at 12c and 18c per yard.
CRETONNES and ART SATEENS in a great array of patterns, from 15c to 30c per yard.
ART CRETONNE for over draperies, 50 inches wide, at 65c and 75c a yard.
Pretty Bronze and Green VELOUR, 28 inches wide, at 75c per yard.
Better quality of TAPESTRY COVERING at \$1.75 per yard, 48 inches wide.
Brass Extension CURTAIN RODS at 10c, 50c and 60c.
ALLOVER PRINT APRONS at 50c. HEAVY GREY COTTON at 12c.
BLACK SATIN UNDERSKIRTS at 98c. HEAVY WHITE SHAKER at 15c.
LADIES' COTTON GOWNS at 59c. LADIES' SUMMER VESTS, 2 for 25c.
NEW SUITS, COATS, DRESSES AND SEPARATE SKIRTS FOR LADIES AND MISSES.
SOMETHING NEW IN BLOUSES EVERY DAY.

Wm. R. FRASER & Co.
P.O. Box 317. 430 QUEEN STREET. Telephone 423

Suffered With Heart For Ten Years WOULD NEARLY SMOTHER.

There is nothing that brings with it such fear of impending death as to wake up in the night with that awful sense of smothering. The uncertain and irregular heart action causes the greatest distress of both mind and body.

Milburn's Heart and Nerve Pills are the only remedy that can give prompt relief and effect a complete cure in cases of such severity.

They strengthen and invigorate the heart, so that it beats strong and regular, and tone up the nervous system so that the cause of so much anxiety becomes a thing of the past.

Mrs. M. O. McCready, Wapella, Sask., in medicines, but I feel that it is only right for me to let you know what your wonderful remedy has done for me, and in a very short time, too. I had suffered terribly with my heart for nearly ten years, could scarcely do any work, and would nearly smother at times. I had many remedies, some only relieving me for a time. I got a box of Milburn's Heart and Nerve Pills and felt writes: "I am not much of a believer so much better that I kept on using them, and can truthfully say I feel like a new woman."

"I would advise anyone with heart trouble to use them."

Milburn's Heart and Nerve Pills are 50c, or three boxes for \$1.25, at all dealers or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.