

Keep the Bowels Regular and You Won't be Sick.

If the bowels do not move regularly they will, sooner or later, become constipated, and constipation is productive of more ill-health than almost any other trouble.

The sole cause of constipation is an inactive liver, and unless the liver is kept active, you may be sure that headaches, piles, heartburn, biliousness, jaundice, floating specks before the eyes, and many other troubles will follow the wrong action of this, one of the most important organs of the body.

Milburn's Laxa-Liver Pills will regulate the bowels so that you will have a free and easy motion every day, and one pill a night for thirty days will cure the worst cases of constipation.

They do this by acting directly on the liver and making the bile pass through the bowels instead of allowing it to get into the blood, thus causing many stomach and bowel troubles.

Mrs. Jos. Labrec, Louise Apts., Calgary, Alta., writes:—"I have been troubled with constipation for the last two years. I have tried numerous treatments, but have never been relieved by anything until I used Milburn's Laxa-Liver Pills, which are helping me wonderfully."

We do claim that Milburn's Laxa-Liver Pills are a "cure-all," but we do claim that there is nothing better for a sluggish liver.

Price 25c. a vial at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

JERUSALEM FREED OF PLGUE OF MOSQUITOES

(Minneapolis Journal)

"Jerusalem, Jerusalem!" vocally apostrophized by so many soloists, is now singing, not because its "night is o'er," but because its night has been freed from the plague of mosquitoes that made life in the Holy City a worry and a vexation of spirit.

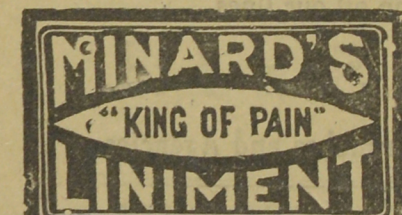
This mosquito pest was produced and had been fostered for countless generations in hundreds of open cisterns, where the larvae bred without hindrance from men or angels. When the American Zionist Medical Unit, now operating in Palestine, arrived at Jerusalem, one of the first things of which its members took cognizance was the fact that they were being stung. Hundreds of these tiny carriers of typhoid and malaria buzzed about their beds at night, and watched for opportunities to get in a few stray bites during the day.

The campaign against them was begun at once under the leadership of Louis Cantor, an American sanitarian with the medical unit. In the course of Dr. Cantor's operations three hundred and fifty cisterns were petzolezed and the wigglers killed. Other breeding places were covered or otherwise cared for. The Holy City is already practically rid of these vicious little disease carriers, and life is not only much pleasanter but infinitely safer.

Dr. Cantor, who comes from Rochester, N. Y., was connected with the Goethals Commission at Panama where he had opportunity to study climatology and hydrology with special relation to tropical countries. Before leaving for Palestine he was attached to the Navy Department of the United States, which released him for service in the American Zionist Medical Unit.

Not only Jerusalem but the entire Holy Land will be remarkably improved and made more tenable by such simple precautions as those which modern sanitation and cleanliness impose. It is a clear enough demonstration that disease, far from being a visitation of God, is due to human ignorance and carelessness.

Though the Czar Nicholas of Russia was deposed and shot and King Nicholas of Montenegro has been put off the throne, old St. Nicholas is still on the job.



The old reliable remedy for rheumatism, neuralgia, sore throat and sprains.

Best Liniment Made

MR. A. E. LAUNDREY, EDMONTON, writes:—"I fell from a building and received what the doctor called a very bad sprained ankle, and told me I was not to walk on it for three weeks. I got MINARD'S LINIMENT and in six days I was out to work again. I think it the best Liniment made."

Minard's Liniment always gives satisfaction. For any ache or pain. It gives instant relief.

Minard's Liniment Co., Limited Yarmouth, N.S.

SAYS INFLUENZA WON THE WAR

Chicago News.

"Influenza won the war for the allies." This startling statement was made by Dr. Woods Hutchinson, physician and writer on medical subjects to Health Commissioner John D. Robertson this morning. Dr. Hutchinson returned last January from an investigation of health conditions in Europe, and has been studying the influenza epidemic in various parts of the U. S.

"The Spanish influenza was a mere joke in the country for which it is named," he said. "It killed only about 600 or 700 people in Spain. There probably were about 2,000 deaths in England and a n equal number in France, though owing to the censorship, we have not exact figures. The only reason it was called Spanish influenza is that Spain was the first country it hit that was able to let the truth be known."

Held German Drive Two Weeks

"It has just now leaked out that the epidemic raged furiously in Germany in February and March. There were 280,000 cases on the western front, and that is literally what held up the German drive for two weeks and, un-

A LIFETIME OF SUFFERING

Prevented by "Fruit-a-tives" The Wonderful Fruit Medicine

53 MAISONNEUVE ST., HULL, QUE. "In my opinion, no other medicine is so good as 'Fruit-a-tives' for Indigestion and Constipation."

For years, I suffered with these dreaded diseases, trying all kinds of treatments until I was told I was incurable.

One day a friend told me to try 'Fruit-a-tives'. To my surprise, I found this medicine gave immediate relief, and in a short time I was all right again."

DONAT LALONDE

50c. a box, 6 for \$2.50, trial size 25c. At all dealers or from Fruit-a-tives Limited, Ottawa.

doubtedly, saved the day for the allies."

The influenza was much more serious in America than in Europe, according to Dr. Hutchinson. Deaths in America to date total 350,000.

THE EASTERN SPRUCE MEN ORGANIZE AT MONTREAL

Important Meeting Held at the Windsor Hotel—Prominent New Brunswick Lumbermen Were in Attendance—Important Matters Dealt with—Association of Spruce Manufacturers was Organized—The Members Exchange Views.

(Halifax Chronicle)

At a meeting held on Tuesday, November 26th, at the Windsor Hotel, Montreal, the following representatives of Spruce Manufacturers were present, viz:

Sir. Wm. Price, representing Price Bros. & Co., Ltd., Quebec and Wyagmack Pulp and Paper Co., Wyagmack.

J. F. Gregory, representing Murray & Gregory, Ltd., St. John.

F. C. Beatty, representing Stetson, Cutler & Co., St. John; Richards Mrs. Co., Campbellton; Shives Lumber Co., Campbellton.

T. McCarron, representing Riviere Ouello P. & L. Co.

Arch. Fraser, representing Frasers Ltd., Edmundston, etc.

W. E. Golding, representing Geo. McKean, New Brunswick Ry. Co., River Valley Lumber Co.

Hugh Mackay, representing Mackay, Ltd., St. John.

W. M. Smith, representing Smith Lumber Co., Woodstock, N. B.

J. R. Merritt, representing Chaleur Bay Mills, Restigouche.

Angus McLean, representing Bathurst Lumber Co.

R. A. Snowball, representing J. B. Snowball Co., Ltd.

J. B. Chouinard, representing Murray & Gregory, Ltd.

J. A. Rousseau, representing J. A. Rousseau, Ste. Anne, and Metapedia Lbr. Co., Rimouski.

H. R. Van, representing Louise Lumber Co., Quebec.

A. McLaurin, representing St. Maurice Paper Co., Montreal.

J. L. Christy, representing Iderville Lumber Co., Saultau Mouton.

W. J. Ray, representing M. A. Grandbois, St. Casimir.

B. H. Dunfield, representing Dunfield & Co., Halifax, and Hill & Dunfield, Windsor, N. S.

H. E. Howe, representing Beigo-Canadian Paper Co., and Riverside Mfg. Co., Three Rivers.

R. F. Grant, representing St. Maurice Lumber Co.

I. J. Soy, representing Christopher Lake Lbr. Co., Caledonia, and Maple Leaf Lumber Co.

W. H. Miller, representing W. H. Miller & Co., Campbellton.

F. Mackeyboy, representing Sydney Lumber Co.

Hon. C. W. Robinson, representing Robert Wright & Co.

Sir William Price, being elected chairman of the meeting explained the reasons for calling the meeting, chief of which was the lack of co-operation amongst the manufacturers, and the absence of any standard form of contract, payment conditions and classification of lumber. A number of the gentlemen present having expressed their views which were altogether in favor of the formation of an Association of Spruce Manufacturers from the Ottawa to the East, a standing vote was taken, and it was decided to form "The Spruce Manu-

facturers' Association of Eastern Canada," the vote being unanimous.

Mr. Gregory proposed that an executive committee of fifteen members be appointed, seven of which should be representative from New Brunswick, five from Quebec, and three from Nova Scotia. This resolution being unanimously carried, the following representatives were named for the different districts, viz:

New Brunswick—Arch. Fraser, W. E. Golding, J. F. Gregory, Angus McLean, W. B. Snowball, W. H. Miller, F. C. Beatty.

Quebec—Ed. Oulet, Alex. McLaurin, Gerard Power, R. Montgomery, Sir William Price.

Nova Scotia—Hon. C. W. Robinson, I. J. Soy, B. H. Dunfield.

The members next had some exchange of views regarding different terms of selling, conditions of payment, etc., and it was decided that these different matters should have the consideration of the committee, who would be prepared at the next meeting to give their views.

An invitation having been received from The Canada Lumbermen's Association to join them at lunch, the meeting was adjourned, it being decided that the committee should have their meeting immediately following the lunch.

At the afternoon meeting of the Executive Committee of "The Spruce Manufacturers' Association of Eastern Canada," it was unanimously decided that Sir William Price be president, and Mr. Angus McLean, vice-president of the Association.

An initiation fee of \$25 for cuts of five million and over, and \$10 for cuts under five million, with an assessment of not exceeding two cents per m. ft., will be charged members of the Association, to cover the necessary expenses. The head office of the Association will be situated in Montreal, and meetings will be held wherever called.

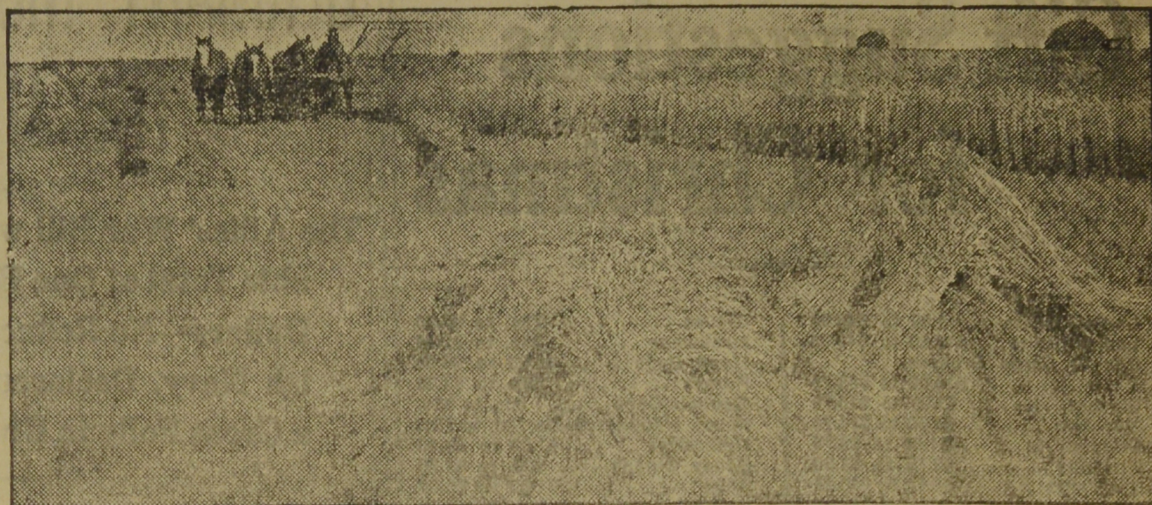
A committee of seven was appointed to deal with the questions relating to classification, sawing and specifications, as follows:—Mr. W. E. Golding, Chairman; Mr. Beatty, Mr. Fraser, Mr. McLaurin, Mr. Power, Mr. Dunfield, Mr. Robinson.

Regarding a committee to deal with the question of forms of contracts, terms of payment, etc., it was decided to leave this with Mr. McLean as Chairman of the Committee, with power to name two others to act with him.

If you have good interest in the war attend the Associated Kin meeting, Thursday evening.



THE POSSIBILITES OF IRRIGATION

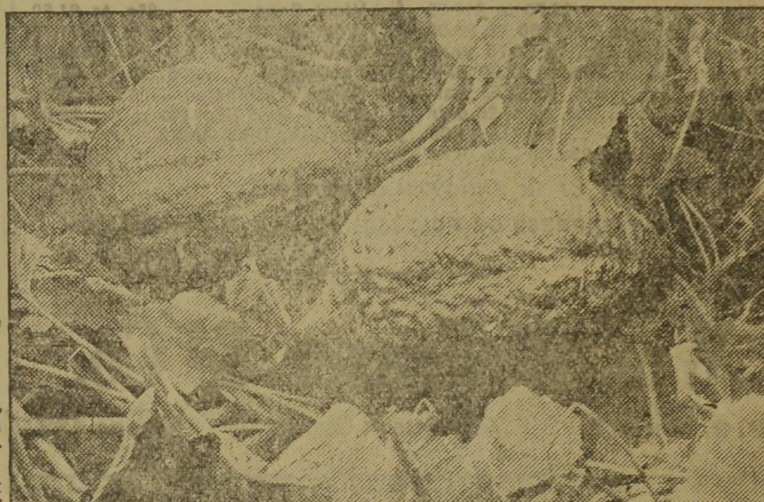


Wheat on one of the Veterans' Farms, near Tilley, Alberta.

WHAT surprises a person most when travelling through the irrigated areas of Southern Alberta is the wonderful variety of crops that can be successfully grown there, their abundant yields, and their excellent quality. Wheat, oats, barley and flax, the standard crops of the Canadian West grow there and give as heavy yields as anywhere else on the continent. Alfalfa thrives as it does nowhere else in Canada, and is literally making fortunes for its growers. By the application of water the crops of clover and the many varieties of nutritious tame grasses are multiplied manifold. In the gardens vegetables of all kinds, including those that are associated with hotter climes, such as tomatoes, melons, squashes, grow in the open so well as to indicate great possibilities in this direction.

Wheat, of course, is the dominant crop there as it is in those areas of Western Canada where irrigation is not practised. Oats, barley and flax are also grown extensively. The yields of all these grains compare very favorably with those in any other part of the west. Crops of wheat this season that have been properly irrigated are averaging thirty-five bushels to the acre. Some crops will thresh as high as forty bushels or more to the acre. The yields of other grains are equally as good. Grain growing under irrigation brings ample returns to the farmer, especially when it is considered that uniform results may be looked for every year.

But, yielding such good returns as the growing of grain does, other crops that may be grown under irrigation are possibly still more profitable, and it seems reasonable to suppose that in years to come the growing of grain in districts where water is available will be to some extent superceded to enable larger areas to be put into other crops. Land that will produce up to seven hundred bushels of potatoes, of a quality that brings the best prices, on which peas, of the most desirable kinds, yielding forty to sixty bushels to the acre are being grown, where sugar beets of high sugar content thrive, where pumpkins of enormous size



Squash grown with Irrigation at Brooks, Alberta.

and excellent flavor, cantaloupes, watermelons, tomatoes, cucumbers, peppers, to say nothing of giant cauliflowers and cabbages, early and late, and all varieties, carrots, turnips, beets, all kinds of beans and many other vegetables flourish; and which produce the most delicious strawberries, raspberries, gooseberries and other small fruits—this land will, no doubt, be used to grow more of these things in the future, especially when labor conditions are such as to enable a more intensive system of farming to be followed.

Then there are the fodder crops, of which alfalfa is the chief. Contrary to a widespread belief, it is not grain, not fruit growing, not truck gardening, but to the growth of fodder crops that the greater portion of the irrigable lands in the United States are devoted. The large yields of alfalfa that are being obtained in Southern Alberta under irrigation assure this crop of an important place in the production of the farmer who is able to utilize the water from the mountain streams on his land. Not only are the yields of alfalfa large, but this crop also enriches the soil to such an extent that any other crop grown on the land after it has been

plowed up gives considerably larger yields. It makes possible the development to the highest degree of the live stock industry. Horses, cattle, sheep and pigs all like it. Combined with oats, barley, the clovers and grasses which grow abundantly in Southern Alberta, alfalfa enables the irrigation farmer to give his stock the best balanced food possible. He is thus able to get the most milk from his cows, the most wool from his sheep, and to have his cattle, pigs and lambs ready for market in the earliest possible time. No wonder there is prosperity wherever alfalfa grows.

The advantage to the farmer of a great diversity of crops cannot be too greatly emphasized. He is able to make his plans for the future with greater certitude. He can devote his chief attention to crops that remunerate him best. He is not greatly influenced by the fluctuations of the markets, and when any of his products are down others are likely to be up. It thus makes for greater stabilization of his efforts, and assures him of a regular and steady income year after year.

Flannel should not be used in needle the needles. Linen or chamois is best the paper in which they come with ma- or pin cushions, as the sulphur used in for this purpose. The needles can be chine oil and keeping the paper in the manufacture of flannel will rust kept free from the rust by saturating covered can or box.

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